



Peg Hanson

FRIENDS OF RIDGEFIELD
NATIONAL WILDLIFE REFUGE



Member Wellness: Canopy Time with Plas Newydd Farm

Slow Down. Breathe
Deeply. Begin Again.

**March 13, 2026
at 10:00 am**

Join us!

- Visit **Plas Newydd Farm** with hosts Abby Braithwaite and David Morgan.
- **Explore** beautiful areas adjacent to the refuge, **observe** wildlife, and **connect** with nature.
- Engage with other **Friends Members** who share your love of the Ridgefield Refuge.
- Attendees are encouraged to bring journals, sketchbooks, cameras, and their senses.



Chuck ah Choy



Dotty Weber



**Learn more,
or sign up**

www.ridgefieldfriends.org

<https://pnfarm.com/event/canopy-time-march-2/>

