



PRESS RELEASE

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FOR IMMEDIATE RELEASE

January 6, 2021

Start Your New Year on the Right Trail for Your Health!

Did you resolve to have a happy and healthy 2021? Keep your resolution with nature walks benefitting the mind and body this January and April in Burnet Woods.

Burnet Woods is one of the oldest Cincinnati Parks. Founded in 1872 and located in Clifton, it is known as a diverse habitat for plants and animals. Burnet Woods boasts multiple hiking trails, shelters, a planetarium, and a nature center in almost 90 acres of land. Immerse yourself in nature this year with walks presented by the Lloyd Library and in partnership with Greater Cincinnati Wild Ones and Clifton Market.



"Winter Sky over Valley Trail" by Rama Kasturi

Knock on Wood: A Winter Walk in Burnet Woods with Rama Kasturi

Date: Saturday, January 30, 2021

Inclement Weather Date: February 6, 2021

Time: 10-11 a.m.

Location: Burnet Woods, Brookline Entrance

Reservations required.

Experience the wonder of winter woodlands in the heart of the Cincinnati during this hour-long walk, winding through the scenic trails of Burnet Woods. Learn about the environmental and health benefits of trees. Create your own forest-bathing experience as you learn how to identify a dozen local trees, "knock on wood" to release benevolent wood spirits, and soak up the beauty of nature, guided by biochemist and nature enthusiast, Dr. Rama Kasturi who has been walking in these woods almost every day for 25 years. Reservations required for this free event. In compliance with COVID-19 safety practices, space is limited.



"Flowering Bloodroot Flower, Warbler Trail" by Rama Kasturi

Ephemeral Blooms in Burnet with Rama Kasturi

Date: Saturday, April 24, 2021

Time: 10-11 a.m.

Location: Burnet Woods, Brookline Entrance

Reservations required.

Join the Lloyd Library and Museum and Dr. Rama Kasturi for a spring excursion in Burnet Woods. Dr. Kasturi will lead the group through the park and its trails identifying blooming flower species and trees and explaining the various healthful benefits of nature. Reservations required for this free event. In compliance with COVID-19 safety practices, space is limited.

Dr. Rama Kasturi grew up in India immersed in the Ayurvedic traditions of herbal medicine with a grandfather who compounded natural pharmaceuticals. She has a PhD in biochemistry, has taught medical pharmacology at the University of Cincinnati, and has expertise in the field of North American botany. A breast cancer survivor who focuses on the healing power of nature, she attributes daily walks with her rescue dogs on the wooded trails of her neighborhood park with helping her regain robust physical, mental, and spiritual health. Self-described as an accidental artist, her book *Four Seasons in Burnet Woods* depicts her journey of healing through her nature photography.



The Lloyd Library and Museum is located at 917 Plum St. in Cincinnati, Ohio. For more information or to schedule a visit, contact the Library at (513) 721-3707 or email contact@lloydlibrary.org or visit LloydLibrary.org.