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Military Appreciation Day promotes day of relaxation for veterans at Rancocas Nature Center

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By **Kristina Scala**, Staff writer

WESTAMPTON — Sometimes the best way to relax, especially for veterans and active-duty military personnel, is to listen to the soothing sounds of nature and get out for a bit of fresh air.

That was the plan when the Friends of the Rancocas Nature Center put together the inaugural Military Appreciation Day at Rancocas Nature Center, set for Sunday from noon to 3:30 p.m. The group couldn't think of a better way to honor area veterans for Veterans Day than by giving them a day filled with relaxation, while promoting the nature-based activities offered at the center.

"The Rancocas Nature Center is surrounded by active-duty and retired military folks, who, we don't believe, are taking advantage of what's going on at the center," said Toni Price, co-chairwoman of the Friends group.

Activities include a yoga demonstration, a forum on the health benefits when connecting with nature, guided hikes, family activities, and a massage session.

The cost to attend the event is \$5 per car, and free with a military ID.

Price said the event is not only for veterans, active-duty and retired service members and their families, but also for community members.

The Joint Base McGuire-Dix-Lakehurst's Air Force Honor Guard also will be at the event.

The center is on a small portion of the 210-acre Rancocas State Park. It features 3 miles of hiking trails through wetlands, forest and meadows, and access to the Rancocas Creek. The center is home to a gift shop, live animals and history displays. The [Friends of the Rancocas Nature Center](#) has overseen the nature center since May 2013. The nonprofit raises funding for educational programs and operating costs. For more information about the center and event, call 609-261-2495 or visit the center at 794 Rancocas Road.

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