

Upcoming Community Events in SLC: October 2023

NHH-UT has compiled a list of events happening in the SLC community this month that are related to nature and human health. If you are aware of any events that haven't been added here, please feel free to contribute to the list.

Natural History Museum of Utah: Indigenous Art Market 2023

Description: NHMU's annual Indigenous Art Market returns the weekend of October 14 and 15, 2023. Each year, the market draws top Native American artists from around the country, including numerous awards, who show and sell fine jewelry, pottery, sculptures, carvings, kachinas, paintings, weavings, beadwork, sand paintings, and more. This year will be no exception, with confirmed artists including winners from Santa Fe and other renowned Native American markets. The market is included with Museum admission, and all proceeds from sales stay with the artists. View the event links below for detailed schedules for each day of the 2023 market, which will also feature artist talks, dance performances, a collections showcase, and food vendors. Admission is free for UofU staff, students, and faculty.

Date: October 14, 15, 26, 2023

Time: 10:00am-5:00pm

Location: Natural History Museum of Utah
301 Wakara Way, Salt Lake City, UT 84108

Register: [Here!](#)

Art + Wellness: Mindfulness

Description: Practice slow and mindful looking at artwork as well as traditional, guided meditation. This meditation practice is perfect for beginners—everyone is welcome. Charlotte Bell has practiced yoga since 1982. She is certified by B. K. S. Iyengar, teaching classes and workshops continuously since 1986. Bell started practicing Insight Meditation in 1988 and has attended silent retreats of up to 30 days almost every year since. Bell is the author of *Mindful Yoga, Mindful Life: A Guide for Everyday Practice* (Rodmell Press, 2007), and *Yoga for Meditators* (Rodmell Press, 2011). She has also written for *Yoga Journal, Yoga International, CATALYST magazine*, and other publications and blogs. A lifelong musician, she plays oboe and English horn in the Salt Lake Symphony and the folk sextet, Red Rock Rondo. Her latest book, *Hip-Healthy Asana*, was published by Shambhala Publications in 2018.

Date: October 19th, 2023

Time: 1:00pm-2:00pm

Location: Utah Museum of Fine Arts

Register: [Here!](#)

Nature Walk & Earth Prayers

Description: Join us for a Nature Walk and Earth Prayers event, where we will connect with mother nature and celebrate the beauty of our planet. Get ready to embark on a journey filled with tranquility and spiritual connection. We will reconvene at Visual Art Institute, 2900 South 300 West at 11:15am to create beautiful art pieces from the bits of nature that we gathered at the park.

During this event, we will explore the wonders of nature through a guided walk in the serene surroundings. Immerse yourself in the breathtaking landscapes and let the beauty of the earth rejuvenate your spirit. Along the way, we will pause to offer earth prayers – a moment of gratitude and connection to the natural world around us. This event is a perfect opportunity to unwind, relax, and find solace in nature.

At 11:15 AM, we will reconvene at Visual Art Institute (2900 South 300 West) to create beautiful art pieces from the bits of nature that we gathered at the park.

Date: October 21, 2023

Time: 10:00am-12:30pm

Location: Visual Arts Institute
2900 s 300 w Salt Lake City, UT

Register: [Here!](#)

Summit Meetup Series

Description: Join us for our next Summit Meetup Series - fall foliage hike & stream-side science event! Get to know USU Water Quality Extension, Stokes Nature Center, the team from the Utah Division of Outdoor Recreation, and your peers and friends working in the outdoor industry in Utah. If you've missed casual get-togethers with folks from the outdoor industry, this is an opportunity to get outside and connect (and take a break from virtual meetings).

Date: October 7, 2023

Time: 9:00am-1:00pm

Location: Stokes Nature Center
2696 East US Highway 89 Logan, UT

Register: [Here!](#)

SLCO Outdoor Fall Hiking Club

Description: Enjoy the fall colors reflecting off the surface of Bell Canyon Reservoir. This trail is an easy to moderate hike!

Date: October 5, 2023

Time: 6:00pm-7:30pm

Location: Lower Bells Canyon Reservoir

Register: [Here!](#)

SLCO Outdoor Fall Walks

Description: Enjoy the fall colors as we walk along this trail in Herriman UT! This trail is an old road with a slight uphill.

Date: October 12, 2023

Time: 6:30pm-7:30pm

Location: Rose Canyon Spring Trail

Register: [Here!](#)

Fall Garden Walk

Description: Ever wondered how to make your landscape look great year round? Come join us for a beautiful autumn walk in the Garden.

Date: October 21, 2023

Time: 10:30am-12:00pm

Location: Conservation Garden Park

Register: [Here!](#)

A Day Enjoying the Mountains...Fall Retreat

Description: Join us for a fantastic day in the beautiful mountains of Brighton, UT, USA! This in-person event is the perfect opportunity to escape the hustle and bustle of daily life and embrace the breathtaking scenery of nature. Immerse yourself in the vibrant colors of fall as you hike through the majestic trails, surrounded by towering trees and crisp, cool air. Take a break from the ordinary and indulge in charcuterie and fun drinks, savoring delicious soup and tasty fall harvest comfort food while enjoying the serene atmosphere. As the sun begins to set we will grab our cozy sweaters and gather around the outdoor fire. Roasting marshmallows, sharing stories, and integrating the wisdom and connections that are discovered throughout the day. Additional offerings throughout the day. Enjoy invitational and optional opportunities for yoga and gentle movement. Open your senses through a sound bath led by Taralee Trammell. Be guided through somatic movement and biodynamic breathwork with Lindsey Macfarlane. Whether you're an outdoor enthusiast or simply looking for a peaceful retreat, this event promises a day filled with joy, laughter, and relaxation. Don't miss out on this incredible opportunity to connect with nature and recharge your spirit. Sign up now and get ready for an unforgettable fall retreat!

Date: October 21, 2023

Time: 10:00am-8:00pm

Location: Brighton Resort

Register: [Here!](#)

Movement & Mindfulness Wed Trail Series

Description: Let's hit the trails! Join us Wed mornings for three hours of movement and mindfulness in a weekly trail series that showcases some of our favorite local fitness coaches. We'll explore a new and different trail with a different movement facilitator who is as passionate as we are about the outdoors. We'll mix hiking with mindful moments and movement – yoga, functional movement, breath, HIIT – and create authentic connections in Mother Nature. Move your body. Connect with your spirit. Ground into nature.

Date: October 4, 2023

Time: 8:30am-11:30am

Location: Park City

Register: [Here!](#)

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Date: October 4, 2023

Time: 8:30am-11:30am

Location: Park City

Register: [Here!](#)

Jordan River Nature Center's Eco Justice Course

Description: This class will be an introduction and exploration of Eco-Justice, which is an approach to conservation and environmentalism that takes into account social issues such as race, gender, class, and colonialism. This course will engage with topics like: critical consciousness, the origins of nature and wilderness, community based climate and environmental movements, food justice, and Indigenous ecological knowledge.

Dates: October 2, 9, 16, 23

Time: 6-7pm

Location: 1125 West 3300 South, South Salt Lake, UT 84119

Register: <https://tracyaviary.org/jordan-river/event/eco-justice-course/2023-10-02/>

HEAL Utah's Fall Party: Friends, Feathers, and Foliage

Description: Join us for a night of celebration and environmental advocacy at HEAL Utah's 22nd Annual Fall Party: "Friends, Feathers, and Foliage." This event is an opportunity to commemorate 22 years of dedicated work in safeguarding Utah's environmental future. Connect with fellow HEAL supporters who share your passion for a healthier Utah. Enjoy delicious food and drinks as you explore the Tracy Aviary and keep up-to-date with our staff's latest developments. This is a family-friendly event, so feel free to bring your loved ones along. Best of all, admission is entirely free for all attendees!

Date: Wednesday, October 4th

Time: 6-8pm

Location: Tracy Aviary, 589 E 1300 S, Salt Lake City, UT 84105

Register: <https://www.healutah.org/events/fallparty/>

Tracy Aviary's Nature Play Symposium

Description: Tracy Aviary is excited to announce that registration is now open for the Nature Play Symposium! This Symposium seeks to bring together professionals across fields who are all interested in advancing opportunities for unstructured, self-directed play in the outdoors and with natural materials. Topics may include design of nature play spaces, evaluation of the use of those spaces, and how to make them accessible and welcoming to more people. More details about the schedule to follow!

Date: October 11th

Time: 10am-3pm

Location: Tracy Aviary, 589 E 1300 S, Salt Lake City, UT 84105

Register: <https://tracyaviary.org/liberty-park/event/nature-play-symposium/>

Friends of Great Salt Lake Fall Fundraiser

Description: Join FRIENDS of Great Salt Lake at our annual Fall Fundraiser, Protection Through Partnerships, featuring Salt Lake City Mayor, Erin Mendenhall. Thursday, October 5 from 6:00-9:00 PM at The Garden Place at Heritage Park (2601 E. Sunnyside Ave. SLC, UT) We'll have a stellar opportunity drawing featuring local goods and experiences, live music, an open bar and dinner buffet.

Date: October 5th

Time: 6-9pm

Location: The Garden Place at Heritage Park (2601 E. Sunnyside Ave. SLC, UT)

Register: <https://www.fogsl.org/newsroom/item/1089-join-friends-for-our-annual-fall-fundraiser>

Life after Wildfire: The Parleys Canyon Fire Two Years Later Talk and Hike

Description: Join Swaner Preserve & EcoCenter for a virtual discussion and hike to learn about the Parley's Canyon Fire's impacts on the landscape after two years.

Date: October 4th

Time: 4-6pm

Location: Swaner Preserve, 1258 Center Drive Park City, UT 84098

Register: <https://www.eventbrite.com/e/life-after-wildfire-the-parleys-canyon-fire-two-years-late-r-talk-and-hike-registration-701250708747?aff=ebdssbdestsearch>