



Find health and closer connections



# Well Wisconsin Radio Live Podcast

## William G. Lunney Lake Farm County Park

Learn about the habitat around you as we talk about Wisconsin’s Fall bird migration and the enchanting world of bird watching. Join us for an interview with Wisconsin Department of Natural Resources Naturalist at 4:30pm at William G. Lunney Lake Farm County Park in Madison (shelter #3).

We’ll dive into the health benefits of birding, tips on how to get into or advance your interest in this hobby, and some of the best places to bird watch in Wisconsin. After the interview, we’ll have a guided hike through the park while we search for birds. See you there!

### Move with the Birds on October 7 from 4:30 to 6 pm

Register today! Invite your friends, family and coworkers to join as well, simply forward this flyer and ask them to register.

[Scan to Register](#)

After you register, we’ll follow up with an email from [wellwi-employersupport@webmd.net](mailto:wellwi-employersupport@webmd.net) with details about where to meet. If you have questions about this event, please contact us at [wellwi-employersupport@webmd.net](mailto:wellwi-employersupport@webmd.net).



Disclaimer: Please check with your health care provider before starting a new exercise regimen.

