

# Take a Guided Nature Experience and Enjoy “A Breath of Fresh Air”

Join fellow faculty, staff, and students for an energizing nature break that will leave you feeling refreshed and recharged.

## Register for “A Breath of Fresh Air” on March 19

- Central Campus at the Arriving Home sculpture near the Central Campus Transit Center.
- Noon to 12:45 p.m.

*Please note: We will learn how to appreciate nature in all its forms, and sessions will be held in rain, snow, or shine. This event may be canceled in the case of hazardous conditions — we will contact you if this is the case. Please wear comfortable attire and dress for the weather.*



**A Breath of Fresh Air Sponsors:**  
MHealthy, Mental Health Counseling & Consultation Services, Arts Initiative, Matthaei Botanical Gardens and Nichols Arboretum, and the Nature Rx Project Team.

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