

# Join “A Breath of Fresh Air” on June 3

As summer approaches, we welcome the long, sun-drenched days, the vibrant sounds of songbirds, beautiful blooms and the relaxed energy that follows the busy academic year.

To help you embrace the outdoors, University Human Resources invites you to “A Breath of Fresh Air,” a guided nature experience designed to support your mental well-being.

## “A Breath of Fresh Air”

- **Date:** Wednesday, June 3, 2026
- **Time:** 12 – 12:45 p.m.
- **Location:** Nichols Arboretum Reader Center, 1610 Washington Heights
- [Register for “A Breath of Fresh Air” on June 3, 2026](#)

## Bonus Breakfast Starts at 8 a.m.

You’re invited to come to the Arb early and experience “Take a Pause for Wellbeing,” a relaxed, drop-in morning event. [Learn more about “Take a Pause for Well-being.”](#)

*Please note: Wear comfortable attire, appropriate for the weather. If the event is cancelled due to hazardous conditions all those who registered will be notified.*



**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, Michigan Medicine Grief and Loss Initiative.



**Learn More: Scan the QR Code or Visit**  
[myumi.ch/uhr-Breath-of-Fresh-Air](https://myumi.ch/uhr-Breath-of-Fresh-Air)

