Connect with the healing power of nature.

FRIDAYS, NOON - 1 P.M.

April 8
MINI SUCCULENT GARDENS
ARBORETUM TEACHING NURSERY
Make a mini garden you can enjoy on your desk or windowsill to remind you of nature’s beauty.

April 15
TERRARIUMS
UC DAVIS BOTANICAL CONSERVATORY
Construct your own living greenhouse using some of the over 3,000 tropical, carnivorous and rare plants raised on campus. Tour their diverse plant collection, including chocolate, vanilla and the corpse plant.

April 22
SPRING HARVEST
ECOLOGICAL GARDEN AT STUDENT FARM
Celebrate Earth Day by enjoying herbs, edible flowers, and spring veggies in infused waters and finger salads. Learn what grows in April and ways to get it into your diet.

April 29
WATERCOLORS IN THE ARBORETUM
LAKE SPAFFORD
Connect with the natural world by painting it. No artistic talent required.

SPACE LIMITED.* SIGN UP AT
surveymonkey.com/r/ucdnaturerxs19

*Course will be filled via a lottery system. Lottery closes March 22, 2019 at 5 p.m. Visit wellbeing.ucdavis.edu for more information.

Questions?
(530) 752-6106
wellbeing@ucdavis.edu

UC DAVIS
Staff and Faculty
Health and Well-being