

June East Baltimore

WELL-BEING BREAK

6/12/24

12:00PM–1:30PM
School of
Nursing Hub

Join Health Promotion and Well-Being to learn about the many aspects of environmental well-being. The first 50 participants will receive a succulent plant and a small terra cotta pot. Additionally, we'll have two raffle prizes: *Your Brain on Art* by Susan Magsamen and Ivy Ross, and a Nature Meditations Deck with mindfulness practices.

For disability accommodations, contact Carol Spencer at cspenc29@jhu.edu.

SCAN HERE
for more info

