



Be Well in the Garden

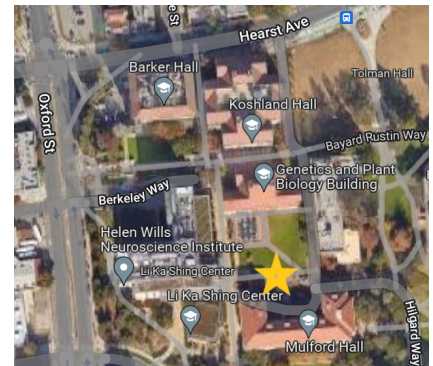
Tue, June 14, 2022

11:30am-1:30pm

UC Berkeley Staff Garden

- Explore the staff garden
- Take a grounding stretch break
- Watch a simple cooking demo (and taste the recipe!)
- Learn about gardening ergonomics

Show up anytime between 11:30am-1:30pm, but our programming will take place between 12-1pm.



Register at uhs.berkeley.edu/staffgarden

