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