

# Garden Wellness Series



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Get in the soil with gardening techniques and hands on activities that help improve your overall wellbeing through nature

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**Every 1st Wednesday of the month**

**Starting 10/02**

11/06, 12/04, 2/05, 3/05, 4/02, 5/07

**2:00 PM – 3:30 PM**

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**At UCC Garden**

Located between Wuller Hall and Xavier  
(In case of inclement weather – UCC  
Conference Rm 231 – Wuller, 2nd Flr)

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## Highlights this Fall:

- DIY Composting
- Seasonal meditation & wintering your garden
- Fall crops & garden care

Student Involvement Center

05/09/25

CLK/UCC



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