

Restore Your Roots: An Immersive Beal Experience

Explore an immersive garden experience with Beal Botanical Garden from the warmth of indoors! Relax and reconnect in our garden through projected videos.

Optional: Bring a blanket or cushion to sit on.

Other mindful activities include:

- Make a tea blend, paint a clay pot, or grow herbs.
- De-stress and hang out with **THERAPY DOGS!**

Location:
McDonel Hall Room 42
(basement level)

- **February 1** (Thurs) 12:00pm-1:00pm
- **February 7** (Wed) 5:30pm-6:30pm
- **February 15** (Thurs) 12:00pm-1:00pm
- **February 21** (Wed) 5:30pm-6:30pm

NURTURE
Your Roots



Beal Botanical Garden
& Campus Arboretum
MICHIGAN STATE UNIVERSITY



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