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