



Nurture Your Wellbeing with Nature

Learn how to connect with nature to
boost feelings of wellbeing.

WELLNESS WEDNESDAY

July 10th, 2024

Endorsed by



Time: 9:00 a.m. - 10:00 a.m.
Location: Greenies Urban Farm -
Outdoor Classroom & Kitchen

Address: 1615 Sherman, San Antonio, TX 78202

Endorsed by



TOMMY CALVERT
Precinct 4 Commissioner

Presented by:

Michelle Hu, Health & Wellness Educator
Andres Villagran, Youth Gardens Coordinator

For more information,
contact us at (210) 631-0400

Stay Connected!
Visit our website and
follow us on social media:

bexar-tx.tamu.edu

@AgrilifeBexarCounty

@calvert4commissioner

**Click here or scan
the QR code to register!**

