



Nurture Your Wellbeing with Nature



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

WELLNESS WEDNESDAY

Endorsed by

public health

July 10th, 2024

Time: 9:00 a.m. - 10:00 a.m. Location: Greenies Urban Farm -Outdoor Classroom & Kitchen Address: 1615 Sherman, San Antonio, TX 78202

Presented by:

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

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

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TOMMY CALVERT Precinct 4 Commissioner

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