

FYE UNIV 1820

Nature RX:

How Spending Time in Nature Improves
Your Health

Join us this semester for a weekly 'dose' of nature. Together, we will explore different approaches to interacting with nature on and around the UConn campus. In addition to outdoor recreation, you will be introduced to nature art, writing, keeping houseplants, and much more.

Wednesdays

3:35pm- 4:25pm

For more information, contact jordan.ochs@uconn.edu

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FIRST YEAR PROGRAMS, LEARNING COMMUNITIES,
ACADEMIC ACHIEVEMENT CENTER,
INNOVATION ZONE