



# Nature and YOU:

## How Nature Impacts Your Wellbeing

*“In every walk with nature, we receive far more than we seek.”*

- John Muir

Nature is amazing, but what happens when the human body goes into nature is even more remarkable! Please join nature enthusiasts Shari Gallup and Laura Stanton, from Ohio State University Extension, to learn about the amazing benefits between nature and your wellbeing.

**Thursday  
June 1**

**Noon to  
1:00 p.m.**

To register for this free online workshop, visit: [go.osu.edu/natureandyouwebinar](https://go.osu.edu/natureandyouwebinar)

