

# KAPNICK STRIVE MAY WEBINAR

## GARDENING FOR WELLNESS

Gardening can be for everyone. Explore gardening as a means to cultivate mindfulness and establish a deeper connection with nature contributing to overall wellness by tuning into the monthly Strive webinar.

**Date: Wednesday, May 29, 2024**

**Time: Noon - 12:30 pm EST**

**Location: For Microsoft Teams login info, please register or scan the QR code below.**

<https://info.kapnick.com/strive-library>



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