

2025 Wellness Webinar Series



Green Thumbs, Healthy Lives: The Wellness of Urban Gardening

Dig into urban gardening as a path to sustainability and multiple facets of well-being. This session will discuss how growing your own food can improve your health, reduce environmental impact, and foster a connection to nature—even in the heart of a city or urban environment.

PRESENTER: Paige Kinucan, Program Manager, Health and Wellness

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Our wellness webinars provide guidance in enhancing your well-being and support your successful journey to better health.