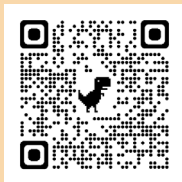


I Thrive Naturally is a two-week initiative to promote spending time outside and to show you the many ways to engage with nature on the UConn Campus at Storrs. Whatever your comfort level or prior interest in the outdoors, "I Thrive Naturally" offers opportunities and inspiration designed to open your eyes to the ways that engaging with Nature will help you be healthier, happier and more attentive you.

Share photos or reflections of yourself participating in any of the listed events, OR of you engaged with nature on your own terms.

Each submission will automatically enter you into a drawing for the "I Thrive Naturally" gift bag of the week.



This initiative is brought to you by Nature Rx at UConn and participating organizations.



Capstone Event:

Dr. Jennifer Roberts

Associate Professor, University of Maryland

October 2, 2203

151 Andre Schenker Hall, Monteith Bldg.

4:00 - 5:00 Presentation

5:00 - 6:00 Panel Discussion

"We are each other's harvest. We are each other's magnitude and bond."

Understanding the Racialization of Nature

Sponsored by the Undergraduate Student Government



I Thrive Naturally

Sept. 18 - Oct. 2

Schedule of Events

Sept. 18 - 21 Mon - Thurs 1:00 pm

Intro to Mindfulness

Discover the power of mindfulness practice, outside if weather permits, led by experienced guides.

Host: SHaW - Mental Health

Sept. 21 Thursday 3:00 pm

Room to Grow - A Houseplant Workshop

Develop basic knowledge on houseplant care and take home a plant of your choice.

Host: UConn Botanical Conservatory

Sept. 22 Friday 2:00 - 6:00 pm

Visit a KNOX community garden

Come on a free trip to a KNOX community garden in downtown Hartford.

Host: EcoHusky

Sept. 23 Saturday 10:00 - 1:00 pm

Nature Journaling

Express your curiosity and wonder through sketching, calligraphy, writing, or other forms of artmaking. All levels are welcome.

Host: Kristel Schoonderwoerd, post-doc and artist, EEB

Sept. 23 - 24 Sat - Sun (Overnight)

Weekend Backpacking, Bear Mountain

The trail will take you over the peak of Bear Mountain (the highest summit in CT) to catch views of the changing fall landscape.

Weekend Backpacking, Bear Mountain url:

<https://myrec.uconn.edu/Program/GetProgramDetails?courseId=0e653751-74d6-4164-9ec8-ecabddb47dc9&semesterId=1a21717d-ed7c-46a8-abd9-4b016338f348>

Host: UConn Recreation Department

Sept. 24 Sunday 11:00 am

Community Ride with USG

Bring your own bike, roller blades or scooter, or pick up a bike from UConn Rec for a fun one mile ride around campus.

Host: Undergraduate Student Government (USG)



Sept. 24 - 2 Mon- Thurs 1:00 pm

Intro to Mindfulness

Discover the power of mindfulness practice, outside if weather permits, led by experienced guides.

Host: SHaW - Mental Health

Sept. 26 Tuesday 4:00 pm

Lichen Limelight: Illuminating the Forest's Living Decor

Delve into the fascinating world of lichens on a guided walk.

Host: Zach Muscavitch, graduate student, EEB

Sept. 27 Wednesday 3:00 pm

Hike the HEEP

Experience a guided hike through the beautiful Hillside Environmental Education Park. Host: The Office of Sustainability

Sept. 28 Thursday 4:00 pm

Tree ID Walk & Talk

Identify common New England trees and the natural histories of our native woody plants.

Host: Michael Lascaleia, grad student, EEB

Sept. 29 Friday 4:00 - 6:00 pm

Farm Friday

Contact with healthy soil is good for us. Resident student farmers will lead tours and might even let you pull a few weeds (which is also good for you)!

Host: Spring Valley Student Farm

Sept. 30 Saturday 12:00 - 3:00 pm

Mushroom Mania

Local mushroom hunting at its best.

Host: The UConn Fungi Club

Sept. 30 Saturday 12:00 - 3:00 pm

Green Roof Cleaning

Help give the Storrs Hall green roof a makeover.

Host: Soil and Water Conservation Society

All events are FREE and open to the UConn Community but some may require registration. For more information, scan the QR code:

