



UNPLUG | RECHARGE
MEDITATE | REFLECT

MEDITATION
HIKES

12:00 - 1:00 PM
1ST FRI OF EACH MONTH
1.7 MILES (35 MIN) WALK

REGISTER AT [UMBC.EDU/TRAINING](https://umbc.edu/training)
UMBC WELLNESS INITIATIVE
SUSTAINABILITY MATTERS AT UMBC