

# Health Webinar

## Thriving with Nature

### A Powerful Stress Buster

- Nature heals
- Nature soothes
- Nature connects



**Date: September 25th**

**Time: 2:00 pm**

**To Register: [https://virginpulse.zoom.us/webinar/register/WN\\_Ppp\\_js9mS8yTN2eyuuW0Lg](https://virginpulse.zoom.us/webinar/register/WN_Ppp_js9mS8yTN2eyuuW0Lg)**



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