



# Nature for Health Benefits

**WEDNESDAY, AUGUST 28<sup>th</sup>, 12:30 – 1:30 P.M.**

Join OSU Extension, Lucas County for a FREE Lunch and Learn. More research is showing the health benefits of being in nature. What's it mean to you and how can you add more nature to your life for health and wellness?

**Location:** ProMedica Ebeid Institute

1806 Madison Ave, Toledo, OH 43604

2<sup>nd</sup> Floor above Market on the Green – Room 2A

**RSVP:** [MarketOnTheGreen@ProMedica.org](mailto:MarketOnTheGreen@ProMedica.org) or 567-585-0201

**Details:** feel free to bring your own lunch



[Lucas.osu.edu](http://Lucas.osu.edu)



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COLLEGE OF FOOD, AGRICULTURAL,  
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