The following was our first Wellness Walk and is an example of the type of programs we are seeking to schedule for fall, 2016. See the Call for Experts document for more information.

Celebrate Earth Day with an educational walk in the woods!

The Environmental Wellness Team in Student Affairs presents:

**Wellness Walks: The Nature of the Nature Trails**
Friday, April 22nd
12:15pm-12:45pm
RIT Nature Trails

Enjoy a wonderful walk in the woods guided by Enid Cardinal, RIT’s Senior Sustainability Advisor. Learn about some of the plants, trees, and animals commonly found in the RIT Nature Trails. Come dressed with appropriate clothing and footwear for various trail conditions and changing weather. Participants should be capable of following the group at a slow-to-moderate pace along the minimally maintained, albeit relatively flat and clear trails through the woods. Sign language interpreters are available by request before April 21st here: https://myaccess.rit.edu/2/. Participants should meet at the painted rock and the walk will begin promptly at 12:15pm. No pre-registration is required; just bring your RIT ID.

This is the first in a series of Wellness Walks, which consist of short, guided walking-tours that highlight unique and/or environmentally-significant areas of the RIT campus. For more information about Wellness Walks, or if you or someone you know might be a good candidate to guide a wellness walk by way of providing a guided tour of a unique space at RIT, you can find more information here: https://www.rit.edu/studentaffairs/wellness/events.

We will be recruiting those with unique knowledge of a unique RIT natural or built space to facilitate walks for this coming fall semester, so please feel free to share the above link.

*The Environmental Wellness Team is a committee in Student Affairs whose goals are to facilitate, promote, and deliver information, programs and opportunities that help members of the RIT community understand, appreciate and observe principles and issues related to our environment and sustainable practices.*

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