



Central Unit

April 6, 2024  9:00am–11:00am



Mindfulness Walking Tour at Mead Botanical Garden

with Kristina Ramos, MSW

Calling all mental health professionals! Join us as we mindfully explore the tranquil spaces of Mead Botanical Gardens. The Central Unit is teaming with the Tarflower Chapter of the Florida Native Plant Society to connect people with plants via mindfulness practice.



Register for free here:

<https://www.naswfl.org/events.html>

Mead Botanical Garden
1300 S. Denning Dr.
Winter Park, FL

32789