



CHSU CALIFORNIA
HEALTH SCIENCES
UNIVERSITY
COLLEGE OF OSTEOPATHIC MEDICINE
CLASS OF 2024

 **SHINZEN**
FRIENDSHIP GARDEN

STRIDES FOR WELLNESS

An afternoon of informative talks, health education and activities while striding through the garden.

MAY 16, 2024
3:00 PM - 6:30 PM

Mindful Walking | Guided Yoga | Pinwheel Breathing | Depression & Burnout Education | Diabetes & Hypertension Education | Nutrition & Exercise Education and more



Register at shinzenjapanesegarden.org