



S.H.I.N.E. Stay Healthy In Nature Everyday

Join us for fun, food,
and family in nature!

Every 1st Saturday
12:30pm - 4:30pm

No cost.

Transportation and food provided.

Pick up and drop off at clinic.

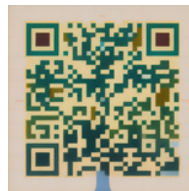
RSVP Required

- Oct 4 - Redwood Regional Park
- Nov 1 - Lake Temescal
- Dec 6 - Tilden Steam Train



RSVP at FIND desk or:

- QR CODE FORM
- TEXT/CALL (415)-712-2949
- EMAIL SHINE@UCSF.EDU



Center for Nature and Health

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www.centerfornatureandhealth.ucsf.edu/shine