

HP Living Well Community/ MMHG Wellness Webinar

Grounded: Nature-Based Mindfulness for Brain Health

Wednesday, June 3 2026

1:00– 1:30 p.m.

Attend this FREE webinar from your computer, tablet, or smartphone!



Discover how connecting with nature can enhance your mindfulness practice and support brain health. This session explores outdoor mindfulness techniques, the science behind nature's impact on cognition, and practical ways to incorporate nature-based mindfulness into your routine for mental clarity and wellbeing.

No need to register in advance.

Classes are open to everyone at no charge. Access classes at [this link](#) or <https://www.harvardpilgrim.org/public/living-well/health-and-wellness-webinars>

This webinar is free and open to all.

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