The Journey to Well-being is an intentional walking program in the Japanese Garden at Missouri Botanical Garden. The program is designed to improve well-being through a deeper connection with nature. It consists of three meetings, a guidebook, and walks completed by participants on their own schedule.

The Journey through Mind-Body Connections includes the above walking program as well as Yoga for Cancer Patients, Qigong, and Culinary Health.

Dates for upcoming sessions, registration links, and additional information are available by contacting jeanne.carbone@mobot.org. The first session begins August 18, 2022, and all programs will continue through May 2023.

Participation is provided at no cost for anyone impacted by cancer, through a generous grant from Bayer Fund.