



CTNIG

IN PERSON WELLNESS EVENT

at the

Toronto Botanical Gardens

**Please allow us to take care of you for the day,
join us for forest bathing, art, connection,
nourishment and renewal.**

Sunday, April 19th, 2026

**Check-in opens at 1030h, Event runs 1100h to 1515h with
lunch served at 1230h**

**[Please click here for more info and
registration](#)**