

Sit Spot Club

Instructor: Giulia Pozzi

Wednesdays

beginning September 2, 2026

9:30 AM – 10:30 AM

In-Person | **FREE**

Join us for FREE forest therapy every week!

Open to Ages 12+

Registration recommended

to receive communications & cancellation notices



Photos by Giulia Pozzi

UNIVERSITY OF GUELPH

THE ARBORETUM UNIVERSITY OF GUELPH

For more information & to register, scan or visit:

www.arboretum.uoguelph.ca/workshops

arbworks@uoguelph.ca | 519-824-4120 ext. 52113