

Reflective walks 2.0

from the Karst to the sea

Join us for a
friendly **walk**
and talk session!

19, 23, 26, 30 September

3 October



SCAN ME

Move, reflect, connect

A series of guided walks open to the community, designed to support both physical and mental wellbeing. Each route is an opportunity to slow down, connect with others, and reflect on the link between mind and body.



**Ministero
dell'Università
e della Ricerca**



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