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FOR IMMEDIATE RELEASE

Find self-care solutions at Huntsville Botanical Garden during The Love Hunt

HUNTSVILLE, Ala. (May 16, 2023) – The Love Hunt, a weeklong scavenger hunt promoting mental health and wellbeing resources in North Alabama starts next week, and Huntsville Botanical Garden (HBG) is taking part! HBG partnered with The Love Hunt organizers from 57 North Hampton and Little Orange Fish to provide free programs that focus on the benefits of being in nature on mental health.

From May 21-27, participants in The Love Hunt will visit various locations and try healthy coping techniques, like spending time outdoors and connecting with others, to earn points towards a grand prize. The Love Hunt features organizations that provide mental health assistance, as well as local businesses that can provide mental health benefits in nontraditional ways.

The Garden will host two programs as part of The Love Hunt:

- Thursday, May 25, at 9:30 a.m.
Nature Walk: Join HBG educator Rebecca Turk on a one-hour guided walk through the Garden in the sights, sounds, and smells of a spring morning in nature. Limited to 30 people.
- Friday, May 26, at 10 a.m.
Outdoor Yoga: Instructors from Light On Yoga Fitness will lead an all-levels outdoor yoga class at the Garden, designed to improve breath, body, and mind awareness. Limited to 50 people.

Exposure to nature is linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation. Yoga aids mental health conditions such as anxiety, depression and OCD.

Both HBG programs are free with Garden admission. Space is limited and registration is required for each program. For more information and to register, visit hsvbg.org/events.

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About Huntsville Botanical Garden

Huntsville Botanical Garden is a 501(c)(3) nonprofit organization that exists to connect people to plants in order to support a healthier quality of life for the region. Open year-round, the Garden contains diverse ecosystems to explore within its 118 acres. From grassy meadows to woodland

paths, aquatic habitats to stunning floral collections, the Garden invites guests of all ages to discover the beauty and wonder of the natural environment. For more information, visit [hsvbg.org](https://www.hsvbg.org).