

A DAY TRIP FOR **HEALTH NUTS**

MORNING MEMORIES

Hop on a train to Metuchen or rent a Zipcar for the day!

Mindful Eats

Fuel your day the wholesome way at **Red's Leaf Café**, where you can indulge in a delicious, tofu scramble, fluffy, organic-flour pancakes, or a berry bowl served with plant-based milk. Trust us, your body will thank you!

Walk It Off

Let your healthy breakfast settle and get moving with a peaceful stroll around **Lake Papaiani at Papaiani Park**.

AFTERNOON ADVENTURES

Self-care doesn't stop there! Stay in Edison for your next adventure.

Relax & Unwind

Escape to a relaxation paradise at **Island Spa and Sauna**. From soothing saunas and hot baths to revitalizing massages and body scrubs, there's something here for everyone. Enjoy traditional, Korean cuisine and a sushi bar for a quick bite at Café Island.

Eat Well, Feel Well

Looking for a bite to eat that combines taste and wellness? Look no further than **Honeygrow**. Savor fresh ingredients in mouthwatering stir-fries and salads, or enjoy a delectable bite at the honeybar..

Or head to **Lulu's Nutrition** for a menu featuring smoothies, wraps, and bowls that will make you feel as good as they taste. From zero-sugar energy drinks to muscle recovery shakes, they have everything you need to keep your health game strong.

EVENING EXCURSIONS

Keep the day going in New Brunswick!

Step into Serenity

Experience the magic of **Rutgers Gardens** as the sun dips below the horizon. With extended hours until 7 pm, now's your chance to immerse yourself in the enchanting pathways of this botanical oasis and learn about the horticulture industry.

Find Your Zen

Feeling that tension build up after a long day? Visit **Evolv Shala** for an evening "Slow Flow" or "Raja" yoga session for yogis of any experience level. Incorporating yoga into your evening can promote physical, mental, and emotional well-being, allowing a restful night's sleep.

