

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 Papaanni at Papaanni 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.

From Farm to Fork

Celebrate the season at **Von Thun's Country Farm Market** during their weekend fall festivals and harvest fresh apples and pumpkins.

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.

