



Campus Arboretum

The Victoria H. Maizes Wellness Walk





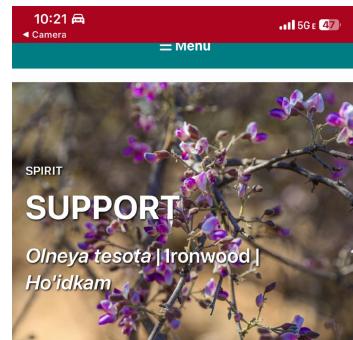
Any walk among trees is good for the body, mind and spirit but coupling a walk with intentional wellness practices might be even better! Dr. Victoria Maizes, MD, Director of the Andrew Weil Center for Integrative Medicine for more than 3 decades (left), knows this and shares what she sees on her daily walks to Instagram - inspiring many to "walk the walk" toward integrative health.

To promote this practical wisdom and complement the arboretum's practice of creating opportunities to stop, notice and learn about trees, we collaborated with The Center for Integrative Medicine to create the Victoria Maizes Wellness Walk. The walk honors Dr. Maizes for her contributions to Integrative Medicine and her passion for embracing nature as a source of rejuvenation and health. The walk offers a guided experience through desert adapted plants, accompanied by prompts that invite reflection, presence, and connection to the natural world on campus. [Learn More About the Wellness Walk project.](#)

Visit the Victoria Maizes Wellness Walk https://awcim.arizona.edu/maizeswalk?utm_source=walk&utm_medium=signage&utm_campaign=Arboretum#sideNav



12 colorful interpretive signs, like the one shown here, installed around the Center for Integrative Medicine, invite



Plant roots develop a particular form (architecture) that anchors the plant securely in the soil and supports the growth of the tree canopy. The desert ironwood tree is a nurse plant, supporting hundreds of other plants and animals in the Sonoran Desert by creating food, safety and shade, and playing a critical role in their survival.



Here, you'll learn about the ways desert ironwood's deep root system keeps it grounded in the earth and resilient in supporting other members

you to click on the QR code, connect to content relating to the plant and to engage in a wellness practice inspired by the plant species before you.

of its community. You'll then be invited to do a practice promotes psychological grounding and reminds you of your connection to community.

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Promote stewardship and conservation of urban trees in Arizona.

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