

**"WILDERNESS IS
NOT A LUXURY,
BUT A NECESSITY
OF THE HUMAN
SPIRIT."**

-Edward Abbey

medrio



Medrio wants to
help you restore
work-life balance
by getting you
back to the
great outdoors!

YOU KNOW THAT NATURE IS GOOD FOR YOU, BUT DO YOU KNOW THE EFFECT IT HAS ON YOUR PRODUCTIVITY?

- 🕒 40-second micro breaks in nature help restore attention
- 🕒 Plants in work settings increase productivity by 15%
- 🕒 Time outside improves cognitive function while lowering stress and blood pressure

Learn more:

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 www.medrio.com

Our great outdoors package was designed to help you reconnect, rest, and restore in nature. Whether you want to hit the hiking trails, or host a backyard campout, we've got you covered.

Come back feeling rejuvenated and ready to sprint your studies.

Take our quick survey and receive an annual National Park Pass from Medrio.

