Nature Heals

People, Plants, Animals and the (Re-)connection to Health

Presented by the Minnesota Landscape Arboretum’s Nature-Based Therapeutic Services (NBT), a shared initiative with the Center for Spirituality and Healing to further the understanding of how nature heals

Thursday, March 14, 7-9 p.m. & Friday, March 15, 8 a.m.-3 p.m. MacMillan Auditorium

Fee: $85 early bird (by Feb. 15), members of the Arboretum and the Center for Spirituality & Healing; $95 general registration

A connection to nature is essential to human health and well-being. Nature Heals is a conversation about the neuroscience of human bonds with the natural world, including plant and animal interaction, and the ways that connecting with nature increase individual health and community well-being. Nature Heals will provide participants with new, research-based information to integrate into programming, policy-making, and fundraising in government, corporations, non-profits, social services, healthcare industry, community groups, faith-based organizations, schools and families.

Nature Heals will feature authors Eva Selhub, Your Brain on Nature, and Meg Olmert, Made for Each Other. On Thursday, the authors will engage in a discussion about their journeys to understand the health impact of nature on humans. On Friday, the University will roll out its new NBT offerings, and the audience will actively engage with the authors to learn more about how individual health and community well-being can increase through a close and dynamic relationship with plants and animals.