

Friends of the Mizzou Botanic Garden presents the
2022 Jacquelyn K. Jones Lecture

The Roots of Good Health: Nearby Nature, Trees and Wellness

featuring **Kathleen Wolf**

University of Washington College of the Environment



Across the ages, people have had intuitions about the health-promoting qualities of trees and gardens. Today there are thousands of studies about how the experience of spending time with trees and nearby nature can promote wellness and provide therapeutic experiences. The evidence extends to entire neighborhoods and communities. Trees are beautiful, but they also provide profoundly important services to all who live near them. Dr. Wolf will share highlights from decades of research, providing compelling reasons why investments in trees provide so many payoffs.

Thursday, September 15, 2022
6:30 p.m. • Monsanto Auditorium

located in MU's Bond Life Sciences Center



Mizzou Botanic Garden

University of Missouri

PLEASE ALSO JOIN US FOR A

Forest Bathing Experience

A mindful engagement of one's senses with a personal immersion in nature—a practice shown to have many proven health benefits—also called forest therapy.

Friday, September 16
9 a.m.

Hinkson Creek Recreation Area south of Mizzou Arena off of Mick Deaver Drive. Watch for signs.

FREE AND OPEN TO THE PUBLIC

A discussion with guest lecturer Kathleen Wolf and those who attend about their own life experiences with nature will precede smaller group forest bathing strolls into the beautifully wooded south side of the MU campus.

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