

Nature for Life!

Nature can make us happier, smarter and feel better. Really, it's that simple!

There is a strong connection between spending time in nature and overall health and well-being.

Children who spend time in nature are more likely to have healthier social behaviour, improved self-esteem, resilience, ability to learn and concentrate, as well as environmental awareness. Time in nature decreases stress and anxiety, depression, diabetes, hypertension and many other health problems in everyone.

Join us for one or both events:

Public Information Session:

Monday September 29th

6:30 pm – 8 pm

Nature for Life Public Presentation:

Dr. Cheryl Charles

Where: Gallipeau Centre at
361 Queen St., Smiths Falls

Cost: **Free**

Request child care here:

<https://natureforlife.eventbrite.com>

All Day Workshop:

Tuesday September 30th

8:30 am – 3:30 pm

Nature for Life Workshop:

Making it Happen in our Community

Dr. Cheryl Charles & Dr. Michael Cheng

Where: Gallipeau Centre
361 Queen St., Smiths Falls

Cost: **\$20 fee (if able)**

Registration Required:

<https://natureforlife2.eventbrite.com>

Dr. Cheryl Charles, PH.D., is co-founder and President Emerita of the Children & Nature Network whose vision is 'Together we can create a world where every child can play, learn and grow in nature.' Cheryl is an innovator, author, and educator who is among those instrumental in developing the worldwide movement to reconnect children and nature.

Dr. Michael Cheng, a child and family psychiatrist at the Children's Hospital of Eastern Ontario (CHEO) is an author, passionate speaker and advocate of attachment to people and nature.

www.childrenandnature.org

www.drcheng.ca

