

# Healthy Communities Partnership MEDIA RELEASE

Sept 15, 2014



## Nature for Life!

**Nature can make us happier, smarter and feel better? Really, it's that simple?** Yes, 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 and stewardship ethics. Time in nature decreases stress and anxiety, depression, diabetes, hypertension and many other health problems. We are fortunate to have many opportunities to enjoy nature in our communities - trails, outdoor classrooms, parks, gardens, lakes, rivers, horses, dogs, cats - the list is endless.

The Healthy Communities Partnership: Lanark, Leeds & Grenville is pleased to offer two exciting events to highlight the importance of nature for children and families and to identify what we can do together to build nature into all aspects of our lives.

Everyone is invited to one or both of the events – come and bring your family and friends!

- **Nature for Life Public Presentation: Dr. Cheryl Charles**  
**When:** Monday September 29<sup>th</sup> 6:30 pm – 8 pm  
**Where:** Gallipeau Centre (was Rideau Regional Centre) at 361 Queen St., Smiths Falls  
**Cost:** Free  
**Child care:** Available – if requested on Event Brite.  
**Sign up:** Only if child care required. Event Brite
  
- **Nature for Life Workshop - Making it Happen in our Community with Dr. Cheryl Charles and Dr. Michael Cheng**  
**When:** Tuesday September 30<sup>th</sup> 9 am – 3:30.  
**Where:** Gallipeau Centre (was Rideau Regional Centre) at 361 Queen St., Smiths Falls  
**Cost:** \$20 fee (if able)  
**Registration Required:** Event Brite

Dr. Cheryl Charles, PH.D., is co-founder and President of the Children & Nature Network <http://www.childrenandnature.org/>. The Children and Nature Network's vision is 'Together we can create a world where every child can play, learn and grow in nature.' Cheryl is an innovator, entrepreneur, 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. <http://www.drcheng.ca/>

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