

Manada Conservancy presents

Nature Therapy

The Health Benefits of Spending Time in Nature

Many of us enjoy spending time in nature. But did you know that time spent in nature can lower your blood pressure, boost your immunity, and improve your sense of well-being? Nature Therapy, in particular Forest Bathing, has become a hot topic nationally but has been practiced in Japan for decades. Come and enjoy a talk exploring the health benefits of spending time in nature and how this directly connects to the vision of Manada Conservancy.



Thursday, February 8
7:00pm

South Hanover Twp Building
(161 Patriot Way, Hershey)



Matthew Silvis, MD, is a Professor in the Departments of Family & Community Medicine and Orthopedics & Rehabilitation and is Program Director of the Penn State Hershey Primary Care Sports Medicine Fellowship. He is also team physician for the Hershey Bears Hockey Club, Lebanon Valley College, and Hershey High School. An avid outdoorsman, Dr. Silvis enjoys hiking, mountain biking, running, gardening, and photography.



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*This program is free and open to the public.
Please register by contacting the Manada Conservancy office
at (717) 566-4122 or office@manada.org.*