



Health Services Committee

Mental Wellness through Gardening

(VIRTUAL PROGRAM)

Presented by

Anne Rothfeld, PhD, Historian/Archivist

User Services and Collection Engagement Branch,
National Library of Medicine

Gardening offers a range of social and mental benefits that often go unnoticed, including (1) mindful practice in nature that helps restore negative moods and encourages relaxation, calming and effects on brains; (2) green care in green spaces through physical activity with social interaction; and (3) accessibility to affordable, nutritious, and better-tasting produce through urban "allotment gardens" and small kitchen gardening plots.

Wednesday, December 11, 2024

1-2pm via Zoom

REGISTER HERE
VIA WILD APRICOT

.1 CEU will
be awarded

Free for NCLA members; \$15 for Non-Members

Email questions to Jeanne Strausman at: jstrausm@nyit.edu