

# DuPage Environmental Summit January 25 highlights health benefits of being in nature

New research supporting the idea that being outside in nature has many health benefits will be the focus of the 2018 DuPage Environmental Summit on Thursday, January 25, 2018 from 8:30 a.m. to noon at the NIU Naperville Meeting and Conference Center.

“Nature RX: How Spending Time in Nature is Good for Our Mind, Body, and Soul” is this year’s Summit theme, an idea that will be explored by a variety of health and environmental professionals who will cite new studies supporting nature’s benefits to the human spirit.

This free seminar is open to community leaders, conservation groups, health professionals, social service agencies, and anyone interested in learning more about how nature has a positive influence on our mental, physical, and spiritual well being.

Presented by The Conservation Foundation, the Summit also will feature an environmental exhibit area that opens at 7:30 a.m. that visitors can explore while enjoying coffee, juice and light breakfast snacks. The exhibit area will remain open during the entire program that starts promptly at 8:30 a.m.



Research continues to support the idea that spending time outside and even near a window during our busy lives can make us feel better. Our keynote speaker, Teresa H. Horton, Ph.D. from the Laboratory for Human Biology Research at Northwestern University, will talk about how exposure to natural landscapes has restorative effects on human health and overall well being.

In addition to Dr. Horton, other speakers include:

Jon Ashworth, MDiv, MA, LPC, I/ECMH-C, Health Equity Coordinator Lake County Health Department and Community Health Center, Lake County

Speaking on Walking in Nature, The Story of an Equitability Expanding Initiative in Lake County Kristen Esposito Brendel, Ph.D., LCSW, E-RYT Professor of Social Work at Aurora University and Founder of Per La Vita Wellness, LLC

Speaking on the implications of current research and applications of mindfulness in nature Brenda Spitzer, Certified Forest Therapy Guide

The Morton Arboretum Speaking on how our technology driven lifestyle needs nature for balance

Following these presentations, there will be a panel discussion on existing health and nature programs with Jodi Trendler, The Resiliency Institute; Brenda Spitzer, The Morton Arboretum; and from the Forest Preserve District of DuPage County, Dave Andrusyk and Keriann Dubina. A detailed agenda can be found online at [theconservationfoundation.org](http://theconservationfoundation.org) under Events.

Registration for this free event is suggested and can be made online at [theconservationfoundation.org](http://theconservationfoundation.org). NIU Naperville Meeting and Conference Center is at 1120 E. Diehl Rd., #150, Naperville.

The Summit is sponsored by the DuPage Foundation, DuPage County/Cool DuPage, the Forest Preserve District of DuPage County, and Christopher B. Burke Engineering, LLC.

The Conservation Foundation is one of the region’s oldest and largest not-for-profit land and watershed conservation organizations. Since it was founded in 1972, TCF has helped preserve nearly 33,000 acres of open space, restored and cleaned miles of rivers and streams, and educated thousands of kids by engaging them in nature and the outdoors.

Work is focused in DuPage, Kane, Kendall and Will Counties to preserve and restore nature in your neighborhood. Find out more at [theconservationfoundation.org](http://theconservationfoundation.org).