

GUFF presents:

'The Trees in our Life' series

Come out and enjoy the Guelph Urban Forest Friends special evenings for the 2011 International Year of the Forest.



Well Grounded:

The Unexpected Benefits of Being Close to Nature

By Brenlee Robinson, *Master of Arts in Teaching, Master of Forest Conservation*

This presentation explores how we can reduce stress in our lives and our communities by altering our outdoor environments. How and why do different outdoor environments affect us differently? Included are recent findings on how much of our personal lives and our health are affected by what's outside our door or our window. You'll be astounded!

This uplifting and empowering presentation is suitable for interested laypeople, outdoor enthusiasts, environmentalists, urban planners and others.

This free event is open to everyone – donations to support GUFF will be accepted

Date: Wednesday February 23th

Time: 7:00 pm

Place: OAC Centennial Arboretum Centre, University of Guelph - [map](#)

Mark your calendars:

**Wednesday March 23rd
Heritage Trees, Preserving our natural roots**

By: Edith George

**Wednesday April 20th
Movie night and speaker**



For more information: guffguelph.ca

Also sponsored by: (click on logo for more info)

