

Forest Bathing



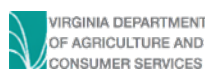
Wednesday, March 13, 2024 · 1–3:30 pm
VCE Greenville Office, 105 Oak Street, Emporia, VA
FREE · Space is limited to 20 participants.

Joel Koci, VSU Urban/Community Forestry Extension Associate, will speak on the benefits of Forest Bathing. Studies have found that forest bathing has positive physiological effects, such as blood pressure reduction, improvement of autonomic and immune functions, and the psychological effects of alleviating depression and improving mental health. Studies have shown these effects on people of working age with and without depressive tendencies.



Register at
ext.vsu.edu/calendar

For more information, contact Marilyn Estes
at 804-481-0485 or mestes@vsu.edu.



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