

## FOREST THERAPY: WHAT IT ENCOMPASSES and WHO NEEDS IT

We will learn about an extension of the combined thinking of Henry David Thoreau's philosophy, and Robert Frost's poetry, espousing "a walk in the woods." Forest Therapy was founded in Japan. It was adapted for the United States which today has a wide network of its practitioners. Our speaker, Jeffrey Wyant, will go over the history and concept of Forest Therapy by explaining its elements, principles and techniques. It will be explained how Forest Therapy lends itself to physical, psychological and spiritual benefits. These lead into guiding people on developing new pathways for their improved healthcare, and to their deeper engagement with nature and community spirit.

Jeffrey Wyant is a filmmaker and commercial television producer, and he also has syndicated prime time specials to his credit. He will explain to us how Forest Therapy has benefited his career. He has also developed a Forest Therapy Training Program for the New England Region.

The lecture will take place at 11 AM on Tuesday, May 19th as a zoom meeting. Contact (914) 589-1087 to get link-in information. The lecture is open to the public.

For 65 Years the Old Guard (OG) of Westchester has held weekly meetings open to all. We are a group of retired men that share lifetime experiences with one another, and actively seek to engage and maintain a vibrant social life. Members gather weekly to listen to distinguished speakers followed with a spirited question and answer dialog. Our purpose is to strive to inspire our members to engage with one another as they seek to continue to learn about the world we live in.

Please contact (914) 589-1087 for further information

Stephen