

**HEAL FASTER!  
SLEEP BETTER!  
IMPROVE YOUR OUTLOOK!**

## **A New Wonder Drug???** No ... just **NATURE ...**


Many of us remember experiences such as camping trips, nature walks, and afternoons in a park that have affected us deeply, and possibly, made us feel healthier. This presentation will look at the fascinating research regarding the role of contact with nature on human functioning in the areas of stress reduction, attentional processing, self discipline, and physical fitness. Amy Ritter MS, RN, will discuss research that asks the question: how pivotal is the role of our natural environment in human health and functioning?

Amy L. Ritter, MS, RN is a registered nurse pursuing an advanced degree in the field of mental health and an adjunct instructor at Cecil College in North East, Maryland.

She received her Master's degree in Human Dimensions of Natural Resources from the University of Illinois, researching the impact of spending time in outdoor, natural environments on the behavior of children with attention deficit/hyperactivity disorder. She also completed PhD-level coursework in Education at the University of New Hampshire. She is currently exploring new ways to use the benefits of nature in educational and healthcare settings.



**Please Join Us!**  
**7:30pm, Tuesday, April 9th**  
**Great Valley Presbyterian Church**  
**2025 Swedesford Road**  
A short business meeting will take place  
before the presentation.

 **Open Land  
Conservancy**  
*of Chester County*