

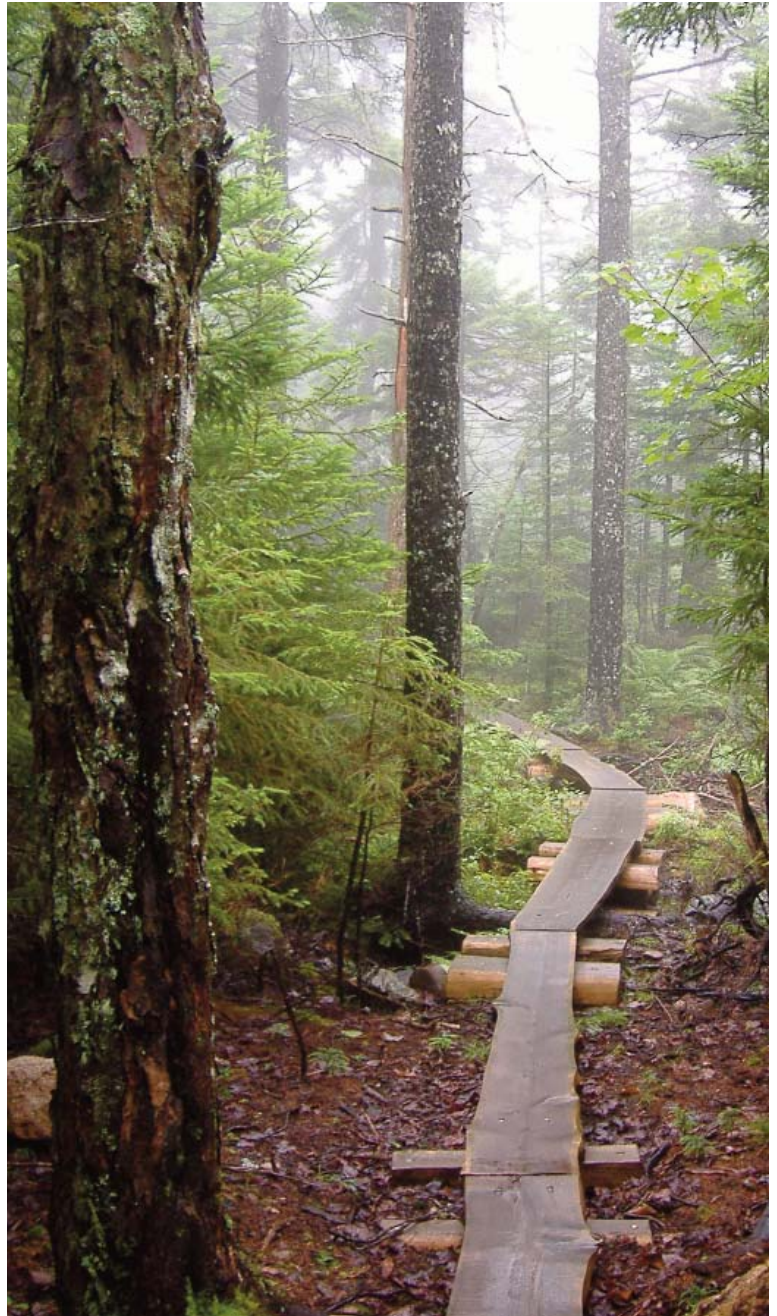
Offered at Cabarrus College Fall 2011

# ENV 300 Nature, Environment & Human Health

## In this new course you will learn about:

- The restorative health benefits of nature
- How urbanization, pollution & noise impact health
- Using nature to improve the workplace
- Nature and healing
- Environmental justice & environmental ethics
- Environmental sustainability
- The use of nature in the healthcare setting
- Exploring nature by hiking, backpacking, mountain biking, cross country skiing, birding, and identifying wildflowers

*Experiential learning opportunities will include visits to local parks, greenways, gardens, natural areas and hiking trails.*



Mark Ellison, Ed.D. Lead instructor (researcher and author on the restorative benefits of nature)  
Nancy Green, OTR/L MHA (occupational therapist & alternative healer)  
Angela Ferguson, NCC, LPC (licensed professional counselor & nationally certified counselor)

Email: [mark.ellison@carolinashealthcare.org](mailto:mark.ellison@carolinashealthcare.org)

Registration information: [cabarruscollege.edu](http://cabarruscollege.edu)

Photos by Mark Ellison