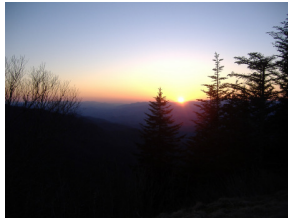


**A Walk in the Woods: Experiencing
the Benefits of Nature by Hiking**

Saturday, September 10, 2011

8 am – 8 pm



The Continuing Education Department of Cabarrus College provides programs to address the lifelong learning needs of current healthcare professionals and those seeking a career in the healthcare field.

Purpose/Objective:

To explore the connections between nature and human health while experiencing the restorative benefits of natural settings related to hiking.

Description:

Balance, wellness, spirituality, fitness, and leisure, all common terms in the *Occupational Therapy Practice Framework*, will be discussed during this nature hike in the Blue Ridge Mountains. Mark Ellison, Ed.D will guide participants on a 5-6 mile hike near Moses Cone Park, adjacent to the Blue Ridge Parkway. Mark has researched and written about the restorative benefits of hiking and will discuss how spending time in nature improves health.

- Come join us on this hike for a creative way to meet your continuing education licensure and board certification requirements.
- Transportation and light snacks will be provided.
- **Please bring a brown bag lunch.**

Target Audience:

All Healthcare Personnel & Community Members. Participants should be in good physical health and be able to go on a 5-6 mile moderately strenuous hike.

Program Facilitators:

Mark Ellison, Ed.D., is the Director of Admissions at Cabarrus College. Dr. Ellison is a researcher and author on the restorative benefits of nature.

Nancy Green, MHA, OTR/L, is the Chair of the Occupational Therapy Assistant program at Cabarrus College. She is an occupational therapist and alternative healer.

Schedule:

8 am: Discussion at Cabarrus College
9 am: Depart for Moses Cone Park
12 pm: Hike
4:30-8:00 pm: Travel back to Cabarrus College

DETAILS

◆ **LOCATION:** Cabarrus College of Health Sciences, 401 Medical Park Drive, Concord, NC

◆ **COST:** \$45 per attendee (includes CEU certificate) .5 CEUs will be awarded.

◆ **TO REGISTER:**

- Complete the information below and mail form with payment to:

Cabarrus College Continuing Education, 401 Medical Park Drive, Concord, NC 28025, [or](mailto:ce@cabarrus.edu)

- To register using credit/debit card, call Julie Holland at 704-403-3207, [or](mailto:jholland@cabarrus.edu)

- Registrations at the door accepted on a space available basis.

Attendee Name(s) and addresses:

Phone: _____ Email: _____

Total Amount Due: \$45.00 per attendee

Payment Options: _____ Check Enclosed (payable to Cabarrus College of Health Sciences)

Charge my: _____ VISA _____ Mastercard _____ Discover _____ American Express

Card Number: _____ Exp. Date: _____ Security Code _____