



3-CREDIT COURSE AT THE MOUNTAIN CAMPUS!

NRRT 280 NATURE IMMERSION & WELL-BEING

Course Description:

Why do we feel so good when we spend time in nature? How can we use nature to build healthier communities? This course introduces students to the science behind the well-being benefits of nature immersion. From improving physical and mental health, to building a more sustainable society, to achieving social justice goals, we'll focus on how our connection to nature can be leveraged to address some of the biggest problems in society. And we'll do all this learning immersed in nature!



FIELD COURSE PORTION JULY 16-24 2023



Hike, explore and relax while you learn!



Open to all majors!



Hybrid Learning
Includes 2 online modules and
8-day field component

**CONTACT DR. SARAH WALKER
FOR MORE INFORMATION!**

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PROGRAM FEE: \$455