

Nature and wellbeing - the case for connecting urban residents with local nature

Maynooth University Department of Geography invites you to attend a seminar presented by:

Anne Cleary

Griffith University School of Medicine
Queensland, Australia

Date: 8th November

Time: 4.00pm to 5.30pm

Location: Rocque Lab, Rhetoric House



There is now a well-established evidence base showing the positive associations between nature contact and a range of health and wellbeing benefits. With the majority of earth's residents living in urban environments, opportunities to experience and connect with nature can be scarce. This presentation will provide an overview of what we know about the links between urban nature, nature connection and health and wellbeing. International case studies will then be used to highlight practical approaches to applying the evidence base and optimising the wellbeing promoting potential of urban nature.

Anne is a research fellow with Griffith University's School of Medicine in Brisbane, Australia and is currently completing a Rutherford Fellowship based at Brunel University London. Anne's research interests are in urban nature and health and wellbeing and she has worked with the World Health Organisation's European Centre for Environment and Health producing several documents on urban green space interventions.

Department of Geography Seminar Series

All are welcome

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