

Bushwalking NSW

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@BushwalkingNSW

We look forward to seeing you at the next Bushwalking NSW General Meeting:

7pm Tuesday 16 February, 2016

For our keynote presentation:

OUR NEED FOR NATURE AND HOW WE BENEFIT



Presented by Dr Les C Higgins



Dr Les Higgins, a life member of the Yarrowood Bushwalking Club, has been bushwalking for most of his life. *A Day in the Bush*, which he co-authored with Tony Rodd, has been in print for 15 years. Before retiring, Les was an associate professor teaching and researching health psychology at The University of Sydney.

Since retiring, Les has been very busy exploring and writing about the effects nature has on our minds, health and general well-being. This very large and rapidly growing area of scientific investigation is enlarging and re-shaping our understanding of ourselves and our relationship with the natural world. Les writes about this relationship in his blog, ourgreengenes.wordpress.com, which draws on his recent book, *Claim Your Wildness: and Let Nature Nurture Your Health and Well-being*.

At the Bushwalking NSW general meeting on February 16, **Les will talk about bushwalking in the light of what is known about our need of nature and the astounding array of benefits that flow from meeting that need.**

Les also hopes to lead a discussion about the part that bushwalkers and their clubs might play in countering the general loss of connection with nature in Australian society and especially among our children.

Save the date now! 7pm Tuesday 16 February, 2016

2016 Bushwalking NSW General Meetings: 16 Feb, 17 May, 16 Aug, 15 Nov, 2016