

Green Walks: Forest Bathing Therapy

SPEAKERS: Phyllis Look, Colby Takeda, Jade Rhodes

Thursday June 25th

11:30 AM – 12:45 PM

LEARNING OBJECTIVES:

- What is forest bathing?
- What are the psychological and physiological benefits?
- How does forest therapy work?
- Where can forest walks take place?
- Where can I find more information about local Green Walks?

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ABOUT THE SPEAKERS

Phyllis Look was born and raised in Honolulu, Hawaii. For almost 60 years, her family has lived in the same valley in which she now guides. Phyllis has always loved the outdoors. She is an avid hiker, belongs to the Hawaiian Trail & Mountain Club and has trekked in the Grand Canyon and in Provence, France. She also practices Iyengar Yoga. Phyllis received her forest therapy guide training and certification from the Association of Nature & Forest Therapy Guides & Programs and has guided more than 100 walks. She is also certified in Wilderness First Aid (WFA), as well as a certified Forest Therapy Trail Consultant.



Colby Takeda is a team member with Blue Zones Project, a well-being initiative that shares practices from the longevity hot-spots—blue zones—around the world. Colby works in communities across Hawaii to develop innovative programs, cross-sector partnerships, and effective health policies to improve well-being and make healthy choices easier. Colby also enjoys working with the bookend generations—youth and older adults and advocates that people of all ages should have safe, enjoyable, and equitable access to green space.



Jade Rhodes is a recent graduate of Hawaii Pacific University with a double BA in Sustainability and Development and Asian/ Pacific Island Studies and a current Kupu member for DOFAW's Kaulununani Urban and Community Forestry program. Her research focuses on trees and their effects of public health outcomes in urban landscapes. Her career goals are to work in the realms of urban ecology with focuses on environmental justice and integrating indigenous knowledge systems in city planning.



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