



## **DR. JENNY ROE**

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### **Green Health: How Access to Nature in the city can boost Mental and Social Health**

This presentation will draw on 15 years of research carried out by Prof. Roe showing how access to nature in our cities (including urban parks, gardens and pocket forests) can boost our mental health, including our stress regulation. Drawing on her most recent research, she will show how nature can also support social wellbeing by promoting greater belonging and reducing loneliness.

**Spring 2020 PSLA**

**LECTURE**

**SERIES**

**February 13, 2020**

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**SEMINAR AT 4:00 PM  
IN 1140 PLS BUILDING**

**Lunch with Students at  
12PM (Graduate and  
Undergraduates  
welcome)**

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Jenny Roe directs the Center for Design & Health at the University of Virginia. She is an environmental psychologist and specializes in understanding how access to restorative environments in our cities – including urban nature settings – help sustain our health and wellbeing.

