

Incorporating Nature in your Recreational Therapy Practice

Many of our patients and residents are often disconnected from nature and its many health benefits. Come learn group ideas to bring nature into your programs no matter your setting, budget, or population.

Learning Outcomes

Upon completion of this session, participants will improve their knowledge of the health benefits of nature and leave with specific group ideas to implement immediately.

Biographies

Gwendolyn Adams MTRS, CTRS

Gwendolyn consults with Skilled Nursing Facilities all over the state as Utah Recreational Therapy Consulting. She loves seeing the power of Recreational Therapy happening in those facilities.