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# SHIFT health & nature

webinar series

## Chapter 1: The Health & Nature Movement

# Nature and the COVID-19 Pandemic

A panel discussion

March 18, 2020

## **Arika Virapongse, PhD**

Health & Nature Webinar Series coordinator, SHIFT  
Principal Scientist, Middle Path EcoSolutions  
Research Scholar & Community Director, The Ronin Institute for Independent  
Scholarship



# About the Webinar Series

March-September 2020

Every 2nd & 4th Tuesday of the month at 10:00 - 11:00 AM MT

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## **CHAPTER 1**

### **The Health & Nature Movement**

March 10 & March 24

*March 18 Special Episode: Nature and the COVID-19 Pandemic*

## **CHAPTER 2**

### **Public Health:**

### **Nature as an Intervention Strategy**

April 14, April 28, & May 12

## **CHAPTER 3**

### **Conservation:**

### **Public Health as an Ecosystem Service**

May 26, June 9, & June 23

## **CHAPTER 4**

### **Land Management:**

### **Land Use and Public Health**

July 14, July 28, & Aug 11

## **CHAPTER 5**

### **Outdoor Recreation:**

### **The Health Benefits of Time Outside**

Aug 25, Sep 8, & Sep 22



Photo by James Wheeler

# SHIFT

**Christian Beckwith**  
Executive Director, SHIFT



**Mission:** To advance and promote the importance of nature as a social determinant of health.

Nature as a public health intervention strategy =  
stronger argument for nature itself



## **Morgan Green, MD**

Pediatric Hospitalist, Children's  
Hospital of Michigan

Director, Emerging Leaders Program,  
SHIFT



## **Suzanne Bartlett Hackenmiller, MD**

OB-Gyn & Integrative Medicine, Diest  
Medical Center/Mercy Des Moines

Medical Director, Association of  
Nature and Forest Therapy

Medical Advisor, AllTrails

Board Member, SHIFT



## **David Sabgir, MD**

Cardiologist & Medical Director for  
Cardiac Rehabilitation, Mount Carmel  
Health System, OH

Founder and Board President, Walk  
With A Doc

Advisory Council Member, SHIFT

# Stay connected

## Want to see the webinars again?

Webinar recording on YouTube: <https://bit.ly/2wISnOh>

Slide deck on Figshare: <https://figshare.com/authors/SHIFT/8502495>

## Next webinar:

March 24, 2020 at 10 AM MT with Linda Hwang from Trust for Public Land

Join our Slack Community to continue the discussion: <https://bit.ly/2PJGYOZ>



## SHIFT announcements

- The Emerging Leaders Program is accepting applications. The deadline is May 24th at 11:59 PM PT. Contact: [drmorgan@shiftjh.org](mailto:drmorgan@shiftjh.org)
- Send us nominations for the SHIFT Awards. Self nominations are welcome. Nominations close May 19th at 11:59 PM PT. Contact: [arian@shiftjh.org](mailto:arian@shiftjh.org)

Contact Arika Virapongse, webinar series coordinator at [av@middlepatheco.com](mailto:av@middlepatheco.com)

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