# Reconnecting with Nature: Health and Well-Being for Military Communities



# **ABOUT THIS WEBINAR:**

Though the therapeutic benefits of connection with nature are known by some, military communities may not be aware of the health and well-being benefits that can accrue via time spent outdoors. This webinar provides practical information on how military family practitioners can aid their clients in accessing and experiencing the personal and community resilience enhancing attributes of an ecological prescription—EcoRx.

## PRESENTER:

### Dr. Keith G. Tidball

Assistant Director of Environment and Natural Resources, Cornell Cooperative Extension

Principle Investigator,
OneOp Community Capacity Building

### **WEBINAR PAGE:**

OneOp.org/learn/150455

### **CONTINUING EDUCATION:**

- Social Workers, Licensed Professional Counselors, and Licensed Marriage and Family Therapists: 1.5 CE credits will be obtained for Social Workers, LPCs, and LMFTs from the University of Austin, Steve Hicks School of Social Work
- Certified Family Life Educators: This program will be submitted to the National Council on Family Relations (NCFR) for 1.5 CE credits for CFLEs.
- Case Managers: This program will be submitted to the Commission for Case Manager Certification for approval to provide board-certified case managers with 1.5 clock hours.
- Certificates of Attendance are offered for those interested in documenting additional professional development hours.











