

WEDNESDAY

JUN
19

7 - 9⁰⁰ PM

AT THE LODGE

FRIENDS

NATURE AS THERAPY | DARK SKIES



talk



Join the Friends of Richfield Heritage Preserve (Friends) on Wednesday, June 19, 2024, 7:00-9:00 p.m., for their quarterly membership meeting. This free event will be held in The Lodge at Richfield Heritage Preserve (4374 Broadview Road) and is open to the public. Dr. Joe Blanda will speak about "Nature in Therapy/Dark Skies". He will discuss the health benefits of experiencing the awe and wonder of the night sky, quiet time, night sounds as well as the adverse effects of blue light. Exposure to artificial light at night can affect our circadian rhythm – impacting our sleep, hormones, eating habits and even body temperature. We can help reset our system by spending time in natural spaces under dark skies to lower stress, improve sleep and enhance our mental as well as physical health. Dr. Blanda will share his tips for focusing on what our senses are detecting to get the most out of our night sky experience.

Dr. Blanda is a recently retired orthopedic surgeon who practiced in Akron for the past 35 years. He served on the board for The Conservancy for the Cuyahoga Valley National Park and remains active on their education committee for the Cuyahoga Valley Environmental Center. Currently he is working with them to start a nature prescription program in NE Ohio to get more people with challenges to mindfully become involved in nature for healthy benefits.

While the event is free and open to the public, attendees are asked to **RSVP** via Eventbrite at: <https://2024DarkSkies.eventbrite.com>

VISIT FRIENDSOFRHP.ORG FOR MORE INFO AND EVENT UPDATES.

Richfield
HERITAGE
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Richfield Heritage Preserve
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