

RNAO

WATERLOO
CHAPTER

CELEBRATE EARTH DAY

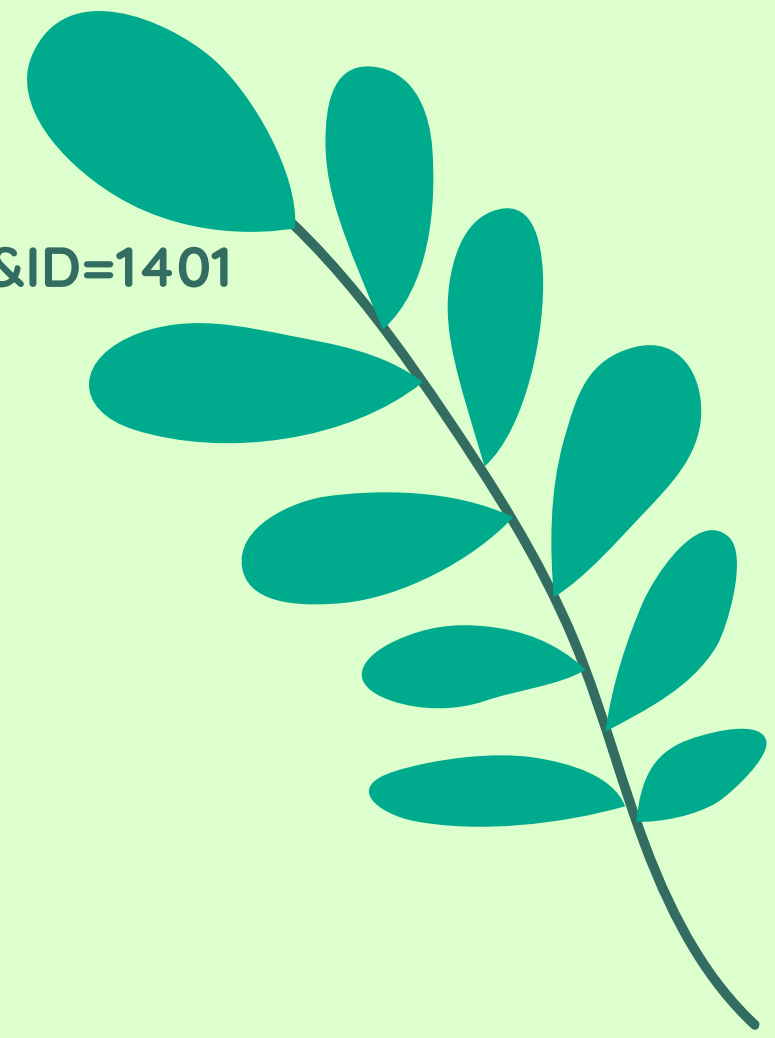
WITH A LITTLE EARTH WALK AND TALK

APRIL 22, 2023
11AM-NOON

HURON NATURAL AREA

DIRECTIONS WILL BE IN YOUR CONFIRMATION

GO HERE TO REGISTER: [HTTPS://MYRNAO.CA/CIVICRM/EVENT/INFO?RESET=1&ID=1401](https://myrnao.ca/civicrm/event/info?reset=1&id=1401)



- JOIN OUR CHAPTER MEMBER AND FACILITATOR JOSALYN RADCLIFFE AS YOU
- BUILD YOUR KNOWLEDGE ABOUT THE ECOLOGICAL DETERMINANTS OF HEALTH
 - EXPLORE OPPORTUNITIES TO 'INVEST IN OUR PLANET' (EARTH DAY 2023 THEME) AS A NURSE AND COMMUNITY MEMBER
 - ENJOY THE HEALTH BENEFITS OF MINDFUL TIME IN NATURE WITH COLLEAGUES, FRIENDS, AND FAMILY

*A SMALL HANDOUT WILL BE PROVIDED THAT SYNTHESIZES RECENT EVIDENCE AND PROVIDES RESOURCES TO EMPOWER NURSES TO GET INVOLVED WITHIN WATERLOO REGION AND BEYOND.

JOSALYN IS THE CO-CHAIR OF THE ONTARIO NURSES FOR THE ENVIRONMENT INTEREST GROUP, WHICH BUILDS AWARENESS ABOUT ISSUES OF HEALTH AND THE ENVIRONMENT AND LINKS NURSES WITH OPPORTUNITIES TO GET INVOLVED IN ADVOCACY AND ACTIVISM. SHE WORKED FOR SIX YEARS AS A PUBLIC HEALTH NURSE AND IS CURRENTLY WORKING FULL-TIME ON HER RESEARCH AS A PHD CANDIDATE IN PUBLIC HEALTH AT THE UNIVERSITY OF WATERLOO FOCUSED ON HEALTH PROMOTION VIA THE ECOLOGICAL DETERMINANTS OF HEALTH, INCLUDING BIODIVERSITY AND FOOD SYSTEMS.