

PSYCHOANALYTIC CENTER OF
PHILADELPHIA & THE DISCOVERY
CENTER PRESENT...

THE BIG YEAR

THE MENTAL HEALTH BENEFITS OF NATURE

SUNDAY, NOVEMBER 10, 2019

12:00 PM TO 4:00 PM

THE DISCOVERY CENTER

3401 Reservoir Drive
Philadelphia, PA 19121

FREE EVENT



Immersing oneself in nature has been shown to improve well-being and general levels of happiness by fostering a connection to the larger world.¹ Join Psychoanalytic Center of Philadelphia and The Discovery Center for a film and panel-discussion about embracing nature as a healing modality to help work towards mental health wellness.

The comedy, *The Big Year*, follows two men at different stages in life, competing to defeat the bird-spotting world record holder. *The Big Year* explores how this immersion in nature through birding encourages growth, self-discovery, and friendship.

Panelists

- **Lawrence Blum, MD** – Faculty, PCOP; Faculty, Depts. Of Anthropology & Psychiatry, U.Penn
- **John Frank, MD** – Faculty, PCOP; Clinical Professor of Psychiatry, Drexel
- **Keith Russell** – Audubon Pennsylvania
- **Elisa Sarantshin** – Schuylkill Center for Environmental Education, NaturePHL Coordinator



THE DISCOVERY CENTER
Discover yourself in nature



Psychoanalytic Center of Philadelphia

1. <https://news.ok.ubc.ca/2017/11/02/science-confirms-you-should-stop-and-smell-the-roses/>