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

THE BIG YEAR

THE MENTAL HEALTH BENEFITS OF NATURE

SUNDAY, NOVEMBER 10, 2019

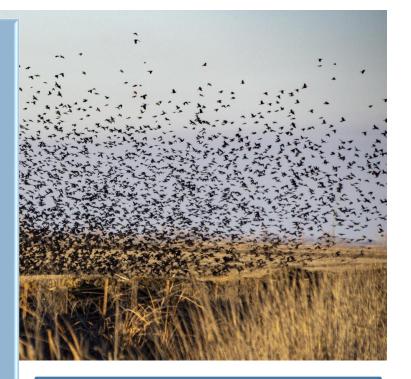
12:00 PM TO 4:00 PM

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. 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 Schuykill Center for Environmental Education, NaturePHL