

MEMORANDUM

TO: PROFESSOR ARCHIBALD
FROM: BENJAMIN GEORGE
SUBJECT: UTILIZING OUTDOOR SPACE FOR WELLNESS
DATE: DECEMBER 14, 2020

Purpose

The purpose of this memo is to summarize the information I gathered from the “Utilizing Outdoor Space For Wellness” campus event that I attended via zoom meeting.

Discussion

The purpose of the zoom meeting was to offer information regarding how one can utilize the outdoor space around them, specifically the Arcata Community Forest in order to help their mental and physical well being.

I learned a lot about how nature can help bring inner calm, physical activities you can do in nature, how to appreciate nature, and about the activities/layout of the Arcata Community Forest.

The event was very informative and interesting. I was introduced to the idea of utilizing nature in a healing/calming way, as well as given information about all the various types of outdoor activities one can participate in.

Conclusion

Overall despite being in a Zoom call instead of nature, the presentation was fun and fulfilling, with the introduction of many possibly helpful ideas. I would totally recommend future Engineering 280 students to participate in this event, as our major is very focused on the environment and nature. I never realized the value of nature in a healing context.