Do you enjoy long walks on the beach or evening strolls through campus? Have you ever wondered *why* getting a little fresh air makes you feel better? Join us for the final Brown Bag Lunch of the semester, featuring Assistant Professor Andrew Szolosi, to find out. Andrew teaches undergraduate courses in recreation leadership, leisure and sport in society, and contemporary issues in recreation.

“Human-nature interactions frequently serve as a source of respite for people who are in need of a break. A long walk in a nearby park, a view of a snow-capped mountain, or even the simple act of tending to the garden can be enough to alleviate the mental fatigue that often escalates throughout the course of a day.”

Andrew’s discussion will unpack the guiding research in the field and highlight efforts aimed to assess the restorative benefits of natural settings. If you have ever benefited from a walk in the woods or spending time outdoors join us this Friday to find out why and learn more about the human-nature interaction.