



## **HUMANS IN THE LANDSCAPE**

HEAL THE LAND, HEAL OURSELVES

**Friday, November 5, 2021**

8 a.m. Doors open for in-person registrants

8 – 8:30 a.m. Check in. In person: light breakfast

8:15 a.m. Webinar opened for virtual attendees

8:30 a.m. **Welcome**  
Brian Trader, President and CEO, Lewis Ginter Botanical Garden

**Introductions**  
Kristin Thoroman, Director of Education and Exhibitions

8:35 – 8:50 a.m. **Opening meditation**  
Nana Korantema

8:50 – 9:50 a.m. **Landscape as a community bond**  
Meghan Z. Gough, Virginia Commonwealth University, L. Douglas Wilder School of Government and Public Affairs

As North America continues to urbanize, there is renewed interest in understanding the relationship between the built environment, the natural environment, and the livability of urban areas. A long-standing strategy to enhance the livability of cities is through investments in parks, green spaces and landscapes. These greening interventions typically call for collaboration between different organizations, and must be determined in part by local preferences and needs of residents and users of the spaces. This presentation will discuss how creative partnerships that intentionally connect people, plants and place can strengthen community bonds and the livability of urban areas.

9:50 – 9:55 a.m. Tech break

9:55 – 10:55 a.m.

**Landscape as the expression of many cultures;  
deepening the cultural narrative and planning for bio-resilience**

Sara Lamb, 6th Year Ph.D. Candidate, Landscape Architecture Program, Virginia Tech

In this talk, Sara Lamb discusses embarking on historical research to learn how our shared histories shaped the landscapes that we know and enjoy today. Learning from the past connects us to our shared present and futures through the lens of landscape as places where things happen and the human drivers that manifest in the landscape. Looking to what our landscapes might become and how choices made today will impact our shared future, we think about how healing can come from individual and shared action in terms of resilience and equity for ourselves and generations to come.

10:55 – 11 a.m.

Tech break

11 a.m. – 12 p.m.

**Landscape as a bridge to access to the experience of healing**

Elizabeth R. M. Diehl, University of Florida School of Environmental Horticulture, Director of Therapeutic Horticulture, Wilmot Botanical Garden, Gainesville, Florida

Increasing evidence reveals that nature can help strengthen us physically, emotionally, cognitively, and spiritually. Most people understand intuitively how exposure to nature and green spaces can be beneficial, but wellness challenges vary at each life stage as life events shift our trajectory and present us with new obstacles and opportunities. Are there strategic, intentional ways that we can use nature at different life stages to bolster health and wellness and prepare better for the next life stage? This session investigates that question using the life course perspective as a framework. Four stages along the life course will be explored- their unique physical, cognitive, and emotional wellness challenges, the research linking nature benefits to that life stage, and some methods for using nature to increase wellness at that stage. Understanding the dynamics of these life stages and corresponding nature benefits will help attendees create intentional and successful nature opportunities for themselves and their clients.

12– 12:15 p.m.

**Pause for lunch service / Virtual attendee break**

12:30 – 1:15 pm

**Wrap up discussion with speakers, Beth Nelson moderator.**

Beth Nelson is a specialist in Therapeutic Horticulture and Instructional Design

1:15 – 1:30 pm

**Closing meditation—Nana Korantema**