



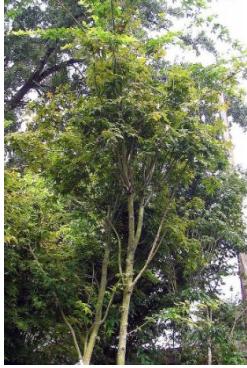





Vancouver
Arts
Colloquium
Society

VACS Forest Immersion Program:
Forest Healing

Discover the healing properties of forest, as you participate in the guided nature walk.

| Image: | Notes: |
|--|--------|
|  <p data-bbox="261 1182 407 1213">Red Cedar</p> | |
|  <p data-bbox="256 1612 410 1644">Douglas Fir</p> | |

| | |
|---|--|
|  <p data-bbox="899 588 1105 619">Big Leaf Maple</p> | |
|  <p data-bbox="930 957 1071 989">Snowberry</p> | |
|  <p data-bbox="930 1310 1071 1341">Elderberry</p> | |
|  <p data-bbox="914 1692 1092 1724">Thimbleberry</p> | |



Salmonberry



Indian Plum



Trailing Blackberry



Sword Fern



Stinging Nettle




Bleeding Heart



Herb Robert



Bedstraw

| | |
|---|--|
|  | |
| <p>Siberian Miner's Lettuce</p> | |
|  | |
| <p>Buttercup</p> | |
|  | |
| <p>Lamium</p> | |
|  | |
| <p>English Ivy</p> | |

| Image: | Notes: |
|--------|--------|
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Suggested Readings

“A Guide to Common Medicinal Herbs” University of Rochester Medical Center,
www.urmc.rochester.edu

“The Nurture of Nature: Natural Settings and Their Mental Health Benefits” Moodwalks,
<https://www.moodwalks.ca/about-mood-walks>

“Why Forest Bathing Is Good for Your Health” Mindful,
<https://www.mindful.org/why-forest-bathing-is-good-for-your-health>

ABOUT A Guider

Robin Clark, a registered professional forester, is providing expertise in Forest Sector Capacity Building, Forest Stewardship, Sustainable Resource Management Planning, Strategic Planning, and Economic Analysis for more than 20 years. Contact: robin@rbc.bc.ca

About VACS Forest Immersion:

<http://www.myvacs.org>
contact@myvacs.org