

The Connection Cure

Thurs. Jan. 16, 2025 | 12 to 1 pm | UC – PCH 001B

Side room of Peter Clark Hall (PCH), in the basement of the University Centre (UC)

Learn about highlights from the exciting new book, *"The Connection Cure: The Prescriptive Power of Movement, Nature, Art, Service, and Belonging."* In this book, author Julia Hotz explores how we need 'social prescriptions' just as much as traditional medicine to cure what ails us. Insights and key takeaways from the book will be shared, followed by group discussions so we can reflect on these insights in the context of our own lives.

Pizza lunch! Take the day off from making your lunch. Bring your own drink.

We will be doing some random draws to give away copies of the book to a few lucky winners!

If you plan to attend, please add to your calendar and RSVP by Jan. 10, 2025 via this link: https://uoguelph.eu.qualtrics.com/jfe/form/SV_5gUMSBXm1ldlrky

Facilitators:

This session will be facilitated by two fabulous U of G leaders: **Justine Richardson**, Director of The Arboretum, and **Dr. Rebecca Barnstaple**, Professor in the Creative Arts, Health and Wellness Program.

Women,
Work, &
Wellness

Sharing stories,
holding space, and
being human
together

