

## **‘Urban Forest Bathing’ Exploratory Seminar in Harvard University**

The ‘Urban Forest Bathing’ Exploratory Seminar was held at Harvard University’s Radcliffe Institute for Advanced Study on October 24-25<sup>th</sup>, 2013. The seminar was sponsored by the Radcliffe Institute and the Natural Sounds, Night Skies division of the US National Park Service. The seminar was led by:

### **Professor Jack Spengler**

Director, Center for Health and the Global Environment, Harvard School of Public Health; Akira Yamaguchi Professor of Health and Human Habitation, Department of Environmental Health and Engineering, Harvard School of Public Health

### **Julia Africa**

Program Leader, Nature, Health and the Built Environment Program, Center for Health and the Global Environment, Harvard School of Public Health

### **The brief program was as follows:**

#### **Thursday October 24: Day 1**

##### *Presentations and Discussions of Research*

#### **Section A: Framing the conversation**

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|-----------------|--|
| 9:00am-9:30am   | Welcome and review of agenda (Dr. Spengler/Ms. Africa).  |
| 9:30am-10:10am  | Review of climate change-related shifts in flora (plant physiology and distribution) and fauna (emerging trends in global health) within the context of urban park design. This information will help focus our conversation on the future of planning urban green spaces. |
| 10:10am-10:40am | Break  |

#### **Section B: Who are you and what do you want to know?**

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|-----------------|------------------|
| 10:40am-10:50am | Liisa Tyrvaainen |
| 10:50am-11:00am | Korpela Kalevi   |
| 11:00am-11:10am | Yuko Tsunetsugu  |

11:10am-11:20am	Yoshifumi Miyazaki
11:20am-11:30am	Qing Li
11:30am-11:40am	<stretch break>
11:40am-11:50am	Juyoung Lee
11:50am-12:00pm	Diana Allen
12:00pm-12:10pm	Richard Mitchell
12:10pm-12:20pm	Alan Logan
12:30pm ó 1:45pm	Lunch (catered by the Radcliffe Institute on site)
1:45pm-1:55pm	Elizabeth Nisbet
1:55pm-2:05pm	Naomi Sachs
2:05pm-2:15pm	Daniel Ibañez
2:15pm-2:25pm	Laura Kubzansky
2:25pm-2:35pm	Marc Weiskopff
2:35pm-2:45pm	Murray Mittleman
2:45pm-2:55pm	Eileen McNeeley
2:55pm-3:05pm	Catie Ryan
3:05pm-3:25pm	Spengler/Africa wrap up
3:30pm-4:00pm	Break

**Section C:** Assessing the strength of evidence and identifying priority research areas

3:30pm-5:00pm	Break into four discussion groups organized around primary professional affinity.
5:00pm-5:30 pm	One member of each of the four discussion groups will summarize their group's thoughts on the top research areas to be addressed on Day 2.

**Friday October 25: Day 2**

*Day 2 – Developing a Plan for Future Projects*

9:00am-9:30am	Brief review of group conclusions on research priorities from the night before.
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- 9:30am-10:30am Break into four discussion groups with mixed professional affinity (one person from forestry science, one person from medicine, one person from design, etc.).
- 10:30am-11:00am Break
- 11:00am-12:30pm Group discussion of best methods for achieving maximal impact.
- 1:45pm-3:30pm Implementation: goals and challenges continued.
- 3:30pm-5:30pm Discussion of potential action plans for executing aims outlined in symposium.



The following board members of INFOM attended the seminar:

Dr. Korpela Kalevi, Dr. Juyoung Lee, Dr. Qing Li, Dr. Alan Logan, Dr. Richard Mitchell,  
Dr. Yoshifumi Miyazaki, Dr. Yuko Tsunetsugu and Dr. Liisa Tyrvaiven