

Forest Therapy

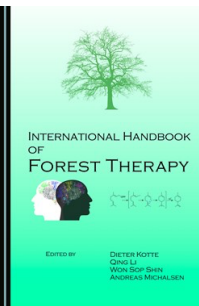
at the Royal Botanic Gardens Melbourne



Relax and enjoy a FREE Forest Therapy session

Forest Therapy is an evidence-based Public Health practice. Guided Forest Therapy walks combine a specific blend of complementary physical and mental exercises in suitable forest surroundings leading to a lower heart beat, blood pressure and stress levels while, at the same time, the immune system, breathing and the overall physical and mental fitness and agility are strengthened.

International Handbook of Forest Therapy



INFTA offers FREE Forest Therapy sessions to international students in Victoria during **August-October 2024**.

Improve your overall health and well-being and join one of the FREE Forest Therapy sessions. This helps you to relax and de-stress. Register now using the QR code below.

direct health effects

- reduced anxiety
- reduced stress level
- more positive mood
- enhanced energy level
- better concentration
- improved sleep quality
- boosted immune system

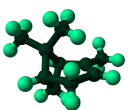
event details

- **Study Melbourne Inclusion Program:** *Forest Therapy for International Students*
- **PURPOSE:** reducing stress and anxiety by taking time out in nature
- **EVENT ORGANIZER:** INFTA
- **LOCATION:** Royal Botanic Gardens Melbourne, Birdwood Ave, Melbourne 3004
- **DURATION:** 3-hrs hours
- **RESEARCH FOR THE FUTURE:** next to the Forest Therapy session, brief pre- and post-surveys are requested to be completed

REGISTER NOW

- relax and do something good for your health
- learn about the health benefits of Forest Therapy
- register online or use the QR code
- select your preferred date and time slot
- meet fellow students at a Forest Therapy session

INFTA



supported by

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Victoria



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