

**THE CROMWELL VALLEY PARK COUNCIL**  
presents  
**A NIGHT OUT WITH NATURE**  
**Speaker Series**

Dr. Heidi Schreiber-Pan  
*“The Role of Connection to Nature  
on Psychological Well-Being and Spirituality”*  
Friday, June 2 at 7 PM to 9 PM  
Sherwood House at Cromwell Valley Park  
2002 Cromwell Bridge Road, Parkville, MD 21234



Most of us feel better after a walk outdoors or at the sight of something beautiful in nature. Dr. Heidi Schreiber-Pan has studied extensively the connection between our well-being and nature and will discuss how nature impacts human resilience and overall mental health, and the role of spirituality in this relationship.

Dr. Schreiber-Pan is a successful psychotherapist in private practice and is an affiliate faculty member at Loyola University and received her PhD in Counseling Psychology, with a specialty in Spiritual Integration. She has co-authored academic articles and book chapters. Please visit her website, [www.balancedlivingcounseling.net](http://www.balancedlivingcounseling.net), for more information.



**This program is designed  
for Adults.**

**To make your reservations,**  
please call 410-887-2503, or  
Email: [info@cromwellvalleypark.org](mailto:info@cromwellvalleypark.org)  
**\$10 per person/\$15 per couple**  
**DESSERT WILL BE PROVIDED AND IS  
INCLUDED IN YOUR ADMISSION**



Should you require special accommodations (i.e., language interpreter, large print, etc.)  
please give as much notice as possible  
by calling the Park Office, or the Therapeutic Recreation Office at 410.887.5370.

