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The Department of Psychiatry at  
Rutgers New Jersey Medical School presents:

Ninth Annual Conference on  
**Urban** mental health



Friday, November 5, 2021  
9:00 am - 3:00 pm

**RUTGERS**  
New Jersey Medical School

[NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)

**RUTGERS**  
New Jersey Medical School

The Department of Psychiatry presents  
Urban Mental Health 2021  
**Nature Therapy**



We are very excited to announce our virtual 2021 Urban Mental Health conference of Rutgers New Jersey Medical School Psychiatry. This year we are turning the focus on nature and its mental health implications. We will present the latest scientific developments in this new field, as well as effective approaches helping patients, ourselves, and each other to benefit from exposure to nature.

9:00 – 9:15	Welcome and Opening Remarks
9:15 – 10:00	<b>Green Renaissance: Rediscovering Nature during COVID</b> Yonatan Kaplan, MD
10:00 – 10:45	<b>Urban Green Spaces</b> Aitaz Munir, MD, Mary-Anne Hennen, MD
10:45 – 11:00	Morning Break
11:00 – 11:45	<b>Healing Sick Buildings: Bringing Nature Inside</b> Kishan Shah, MD
11:45 – 12:30	<b>The Doctor is Out: Nature Therapies in Practice</b> Raahi Aggarwal, MD, and a panel of resident psychiatrists
12:30 – 1:00	Virtual Lunch Break
1:00 – 1:45	<b>Animal Assisted Therapies</b> Rafael Coira, MD, JD
1:45 – 2:30	<b>More Than a Feeling: Neuroscience in Nature Therapies</b> Ulku Kusurker, MD
2:30 – 2:45	Closing Remarks and Good-Byes

**E-See you on Friday, November 5, 2021**  
Please check our Website after Labor Day for Registration  
Registration & Information at:  
[NJMS.Rutgers.edu/Psychiatry](http://NJMS.Rutgers.edu/Psychiatry)  
Registration: \$40 (\$20 for students and trainees)