



**RETIRED MEN'S ASSOCIATION OF GREENWICH, Inc. (RMA)**  
**Invites you to its meeting, January 3, 2024 at 11 am at**  
**First Presbyterian Church, 1 West Putnam Ave., Greenwich, CT.**  
**The program will also be shown on Webinar: <https://bit.ly/30IBj21>**

**Susan Masino, Ph.D.**  
**“Why Our Brains Need Wildlands”**



Protecting our brains and protecting nature are both vitally important for our long-term wellbeing. Professor Susan A. Masino will share how these two goals are mutually reinforcing, and how common-sense actions can benefit individual and collective health. The growing evidence for the brain health benefits of nature span across all age groups and levels of ability, and range among beneficial changes in brain activity, improved cognition and emotional regulation, and decreased depression and anxiety. The good news is these benefits do not require a wilderness trip – they can be achieved right here in our communities. In addition to practical information on brain health, the

presentation will feature local data and implications of the recent regional report titled “*Wildlands in New England: Past, Present, and Future*” and will underscore how history, science, and fiscal responsibility can work together to inform public policies.

Susan A. Masino is the Vernon D. Roosa Professor of Applied Science at Trinity College, a member of the Science and Technology Working Group of the Governor’s Council on Climate Change (GC3), the Hartford County Coordinator for the Old Growth Forest Network, and recently a Charles Bullard Fellow in Forest Research at Harvard University. Her laboratory-based research focuses on mechanisms of brain health and disease, and her scholarship outside the lab focuses on nature and brain health, and the critical role of climate-regulating ecosystems.

**Our next speaker, on January 10, will be Rick Lawrence, Ph.D., on “From Search to Generative AI: How ChatGPT changed the World in a few months.”**

*The Greenwich Retired Men’s Association offers a free program every Wednesday that is open to the public, both men and women; no reservations are required. Our social break starts at **10:40 am** followed promptly by our presentation at **11:00 am**. Programs are at the First Presbyterian Church, 1 West Putnam Ave. in Greenwich. For additional information see [www.greenwichrma.org](http://www.greenwichrma.org).*