

CONAFOR/UBC-APFNet Americas Office Conference on Forest Therapy

Mexico's National Forestry Commission (CONAFOR) and The University of British Columbia & the Asia-Pacific Network for Sustainable Forest Management's Americas Office (UBC-APFNet AO) will hold a Forest Therapy Conference in October 2020. The tentative agenda is as below:

Date	Speaker	Theme	Time	
Day 1 Tuesday, October 13, 2020	CONAFOR Director General	Welcome/Introduction	15:00	15:30
	UBC Dean of Forestry	Welcome/Introduction	15:30	16:00
	Dr. Qing Li	Introduction to FT	16:00	17:00
	BREAK			
	Dr. Andreas Michalsen	FT Medical benefits	17:15	18:15
Day 2 Wednesday, October 14th, 2020	Dr. Iwao Uehara	FT international application	15:00	16:00
	BREAK			
	Dr. Guangyu Wang	Current research in FT	16:15	17:15
Day 3 Thursday, October 15, 2020	Mexico Expert	FT applications in Mexico	15:00	16:00
	BREAK			
	Dr. Won Sop Shin	Closing: Future applications of FT	16:15	17:15
Day 4 Friday, October 16, 2020	Panelist (TBD 5 Experts)	What can we learn through FT and how do we apply it?	15:00	17:00

Introduction to Forest therapy

Effects of **Forest Bathing/Shinrin-Yoku/Forest therapy** on human health and the potential prevention of COVID-19 (**CO**rona**VI**rus **D**isease-**2019**)



Qing Li, MD, PhD

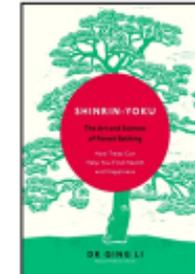
Misato Care Center, Saitama, Japan

President of Japanese Society of Forest Medicine

Vice-president and general secretary of International Society of Nature and Forest Medicine (INFOM)

Director of Forest Therapy Society in Japan

Managing Vice-Chairperson of Forest Health Maintenance Research of the World Federation of Chinese Medicine Societies



With the participation of
international experts from
Canada, Germany, Japan,
Mexico, Puerto Rico, South Korea,
and the United States



Dr. Qing Li



Dr. Andreas Michalsen



Dr. Iwao Uehara



Dr. Guagyu Wang



Ms. Anissa Hernández



Dr. Won Sop Shin



Dr. Kathleen Wolf



Dr. Tamberly Conway



Ms. Paula Pijon



Dr. Robert Zarr

Welcome remarks by:



Mr. León Jorge Castaños



Dr. John Innes

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5:00 pm CDT

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