

Spirit & Place

2009

November 6-15

inspiring places

A Civic Festival of the Arts,
Humanities, and Religion

Discovering Indy's Green Velvet Glove, Sunday, November 8

Walk & Chat at Central State (Big/Little Eagle Creek) 1:00 PM-4:00 PM

■ Topic: Sound Mind: The Importance of Nature & Its Setting to Mental Health

From his German heritage, George Kessler understood the tenet of Sound Mind, Sound Body. Learn about this important relationship and the place where research in mental health began almost 150 years ago.

Dr. Jeffrey Kellams will begin the walk & chat with a short lecture on Nature and Mental Health in the auditorium, followed by a walking tour of the grounds.

- **Hosts:** Paul Diebold, Senior Architectural Historian, Indiana DNR - Division of Historic Preservation and Archaeology; Sarah Halter, Director of Public Programs, Indiana Medical History Museum; Dr. Jeffrey J. Kellams, Professor of Clinical Psychiatry in the Indiana University School of Medicine & Medical Director of the Midtown Mental Health Center in Indianapolis

■ Meet at the Indiana Medical History Museum, 3045 West Vermont

Bring water & camera, wear walking shoes and outdoor attire

In the event of inclement weather, an indoor lecture will be given

Check www.spiritandplace.org for up-to-date info

Or contact Tina Jones, IndyParks Planner at cpjones@indy.gov, 327-7041 (office) or 544-9458 (cell)