



**Community Roundtable Webinar**  
**Live Entertainment | Guest Speakers | YOUR Input**  
*Watershed and Wellbeing: A Healthy Two-way Stream*  
**SAVE THE DATE: Saturday, Sept 19th, 2020 / 10:30 – 11:30 am**

Coquitlam River  
Watershed Roundtable



**Come Join us at our Community Roundtable Webinar!**  
**Tell us what inspires AWE in your watershed**

*Where do you go for your  
dose of Nature Therapy?*

**Webinar participants will:**

1. Leave with a greater understanding of how a healthy watershed can contribute to wellbeing
2. Provide guidance on green assets that would enhance the AWE factor of our watershed

**Submit photos and a brief write-up of YOUR physically-distanced environmental projects in the watershed to be featured in our pre-show! Email [coordinator@coquitlamriverwatershed.ca](mailto:coordinator@coquitlamriverwatershed.ca) by Sept 16<sup>th</sup>.**

*Guest speakers*



**Dr. Lorien Nesbitt, UBC**  
*Specializes in urban forestry and socio-ecological interactions in urban environments*



**Andrew Tugwell, BCCH**  
*Develops and leads programs and services that promote physical/mental health and wellbeing*

**Date:** Saturday, September 19<sup>th</sup>, 2020  
**Time:** 10:30 – 11:30 am, doors at 10:00 am with music, trivia, prizes and more!  
**Place:** Zoom – [Register here](#)  
**Info:** [info@coquitlamriverwatershed.ca](mailto:info@coquitlamriverwatershed.ca) | [www.coquitlamriverwatershed.ca](http://www.coquitlamriverwatershed.ca)



Like us on Facebook @CoqRiverWS



Follow us on Twitter @CoqRiverWS