

IOWA

Carolina Kaufman, Ed.M.

Director of Education & Engagement

The Pentacrest Museums

(she, her, ella)



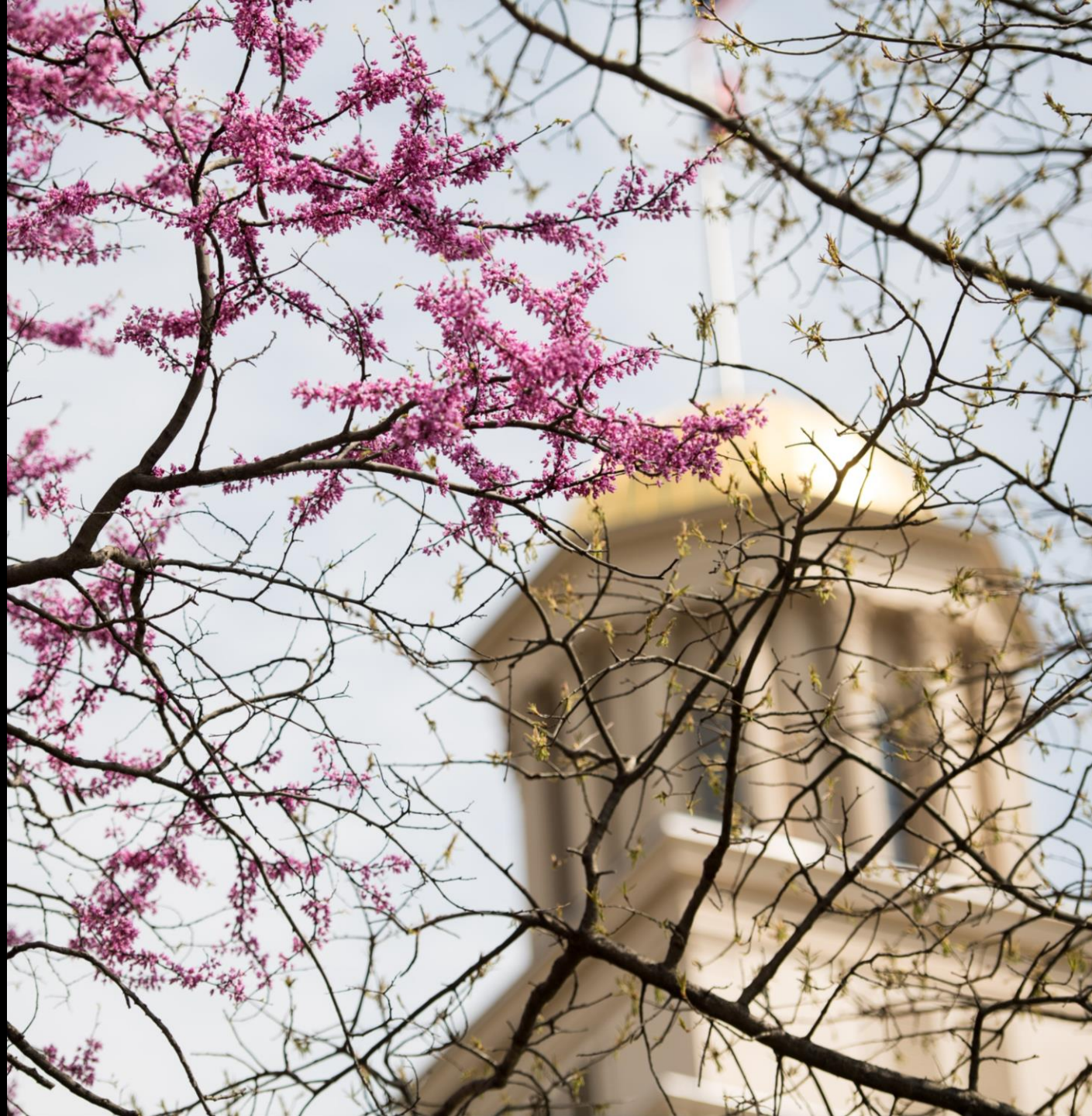
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The Pentacrest Museums present:

The Mindful Museum

**Exploring the role of Museums
in Health & Wellbeing**

April 5, 2023



When you think of your
ideal Museum experience
what do you hope for?





Museums on Prescription



Museums and the Pandemic



Fitzwilliam Museum in Cambridge, UK



Museum of Fine Arts, Boston, Artists surgical Mask on the Day Statue
Photo PETER AGOOS



Field Museum socially distanced blood drive
SCOTT OLSON/GETTY IMAGE

Social Prescribing

5+ YR

Living in a community with cultural resources confers a five-year advantage in cognitive age:

HEALTH ISSUE	AUDIENCE IMPACT
Alzheimer's	5 million Americans w/ Alzheimer's disease and 1/8 people 60+ report memory loss (CDC)
Autism	1 in 44 children diagnosed (CDC)
Mental Health	Anxiety and Depression up 8.4% up since 2007. Worker stress in 2022 was at 44% worldwide, 13% increase since 2009. (GALLUP)
Visual Impairment	12 million 40 years + individuals have a vision impairment. 93 million adults at risk. (CDC)



A large group of people, including students and visitors, are walking along a paved path lined with lush green trees. The scene is bright and sunny, with dappled light filtering through the leaves. In the background, a large, modern building is visible. On the left, a black lamppost stands near a white directional sign pointing left. The overall atmosphere is one of a pleasant outdoor activity.

liveWELL™

IOWA | Facilities
Management

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Pentacrest Museums

Our Tree Tours program series helped us get away from screens, incorporate some movement into our days, and reconnect with each other and nature. 423 guests joined us on a Tree Tour in 2022.

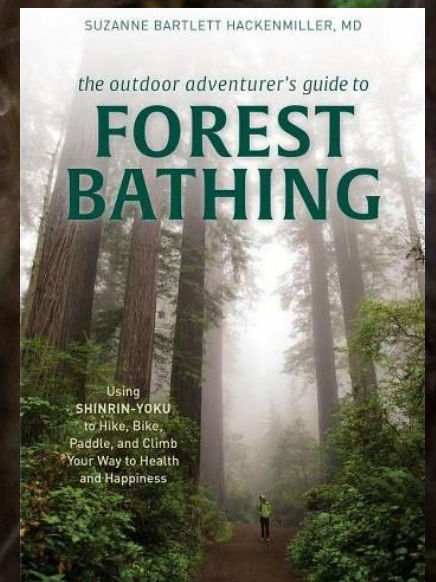




Dr. Suzanne Bartlett Hackenmiller

MD, FACOG, ABOIM

Physician & Author







CAMPUS WELLNESS

SCAVENGER

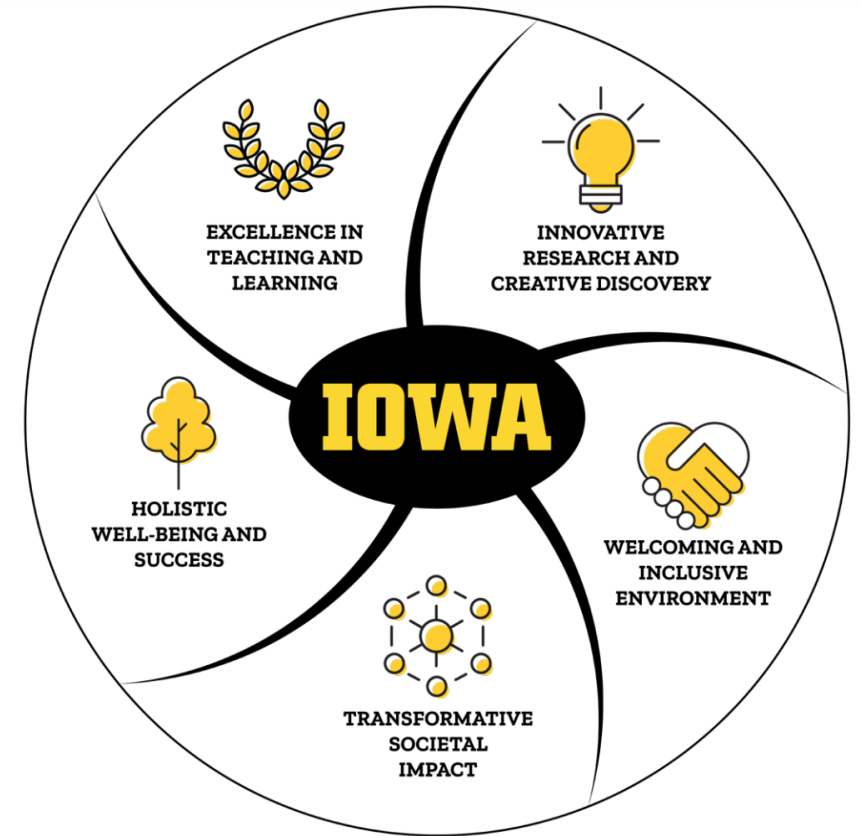
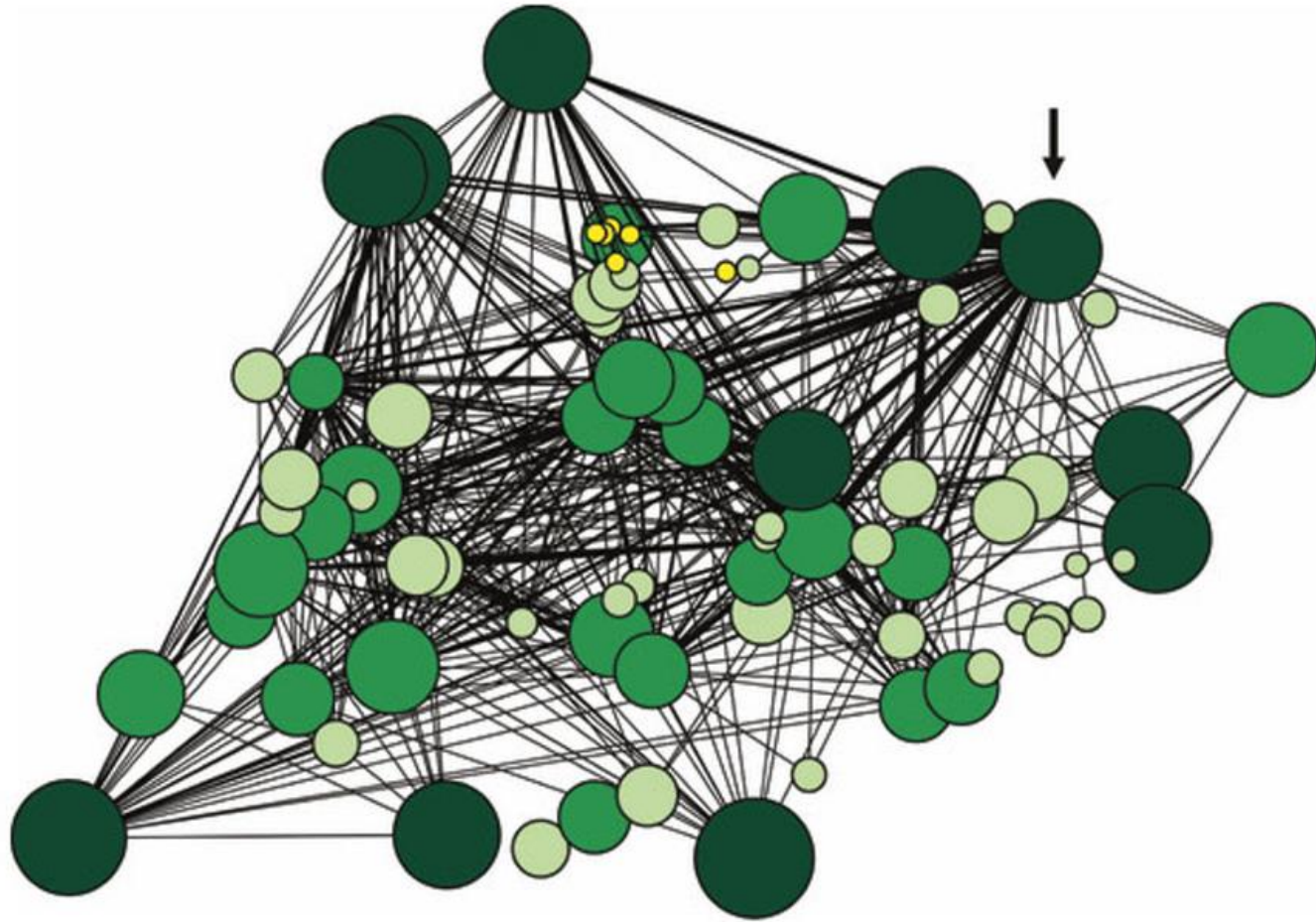


71%

of Campus Wellness
Scavenger Hunt
participants improved
their well-being.



STRATEGY



**TRANSFORMATIVE
SOCIETAL
IMPACT**

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The Pentacrest Museums

Mother Trees: Dr. Suzanne Simard

Tree Tours 2023

Pentacrest Tree Tours

Earth Day, Sat. April 22 1:30 and 3:00 p.m.

Summer—Sat. June 17, noon-1

Fall—Sat. October 14, noon-1

West Campus Tree Tours

Spring — Friday, April 28, noon - 1

Summer — Friday, June 23, noon-1

Autumn — Friday, October 20, noon-1





Love Your Nature
Ama Tu Naturaleza



Coming in 2023

liveWELL Architecture Scavenger Hunt

Architecture Tours: *If Walls Could Talk*



Art & Write Night: Ongoing

Monthly: First Fridays 6-8 p.m.



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Thank You, Gracias, Ketebi, 謝謝, Мечи,
شكرًا لك, תודה, 감사합니다, Teşekkürler,
ありがとう, धन्यवाद, Спасибо

Questions?

→ <https://pentacrestmuseums.uiowa.edu/>

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