### WALLACE J. NICHOLS

# BLUE MIND

The Surprising Science That Shows

How Being Near, In, On, or Under Water

Can Make You Happier, Healthier,

More Connected, and Better at What You Do



John Marsland







Eastern Painted Turtle



Turtle Pollinator Garden in the making.



*Turtle Pollinator Garden in the making.* 

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Connecting with Canoes



Connecting with Canoes



# Blackstone River Overlook







Native Tree Planting

# *Removing Dead Limbs*





Creating Native Plant Nursery

Selection of the second second



Developing New Pollinator Garden





# Meditation Area



# Flowering Turtle



# **Enjoying the** Flowering Turtle







# Micro-Plastic Movie Night









### Blue Marble = Clean Water







Thank you for listening!