



Sustainability Perspectives

Dealing with Climate Anxiety

Adele Houghton, president of *Biositu, LLC* and a registered architect, works at the intersection of public health, climate change, and the built environment. She will discuss the very real psychological phenomenon of climate anxiety, its root causes, and its negative impacts on the physical and mental health of especially young people. She will provide some real-world strategies for how to deal with climate anxiety productively.



Ms. Houghton's appearance is made possible through the generous support of the *National Fenestration Rating Council (NFRC)*.

Monday, September 26, 2022 12:30 – 1:30PM

Zoom #: 837 2207 7452 passcode: k8u^\$mSj

All *Sustainability Perspectives* series events are free and open to the public. The series explores the concept of 'sustainability' from a variety of viewpoints.

Wells is committed to providing access to all events; anyone needing assistance should contact Marian Brown, Center for Sustainability and the Environment, at 315-364-3304 or by email at mbrown@wells.edu, as soon as possible.



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