

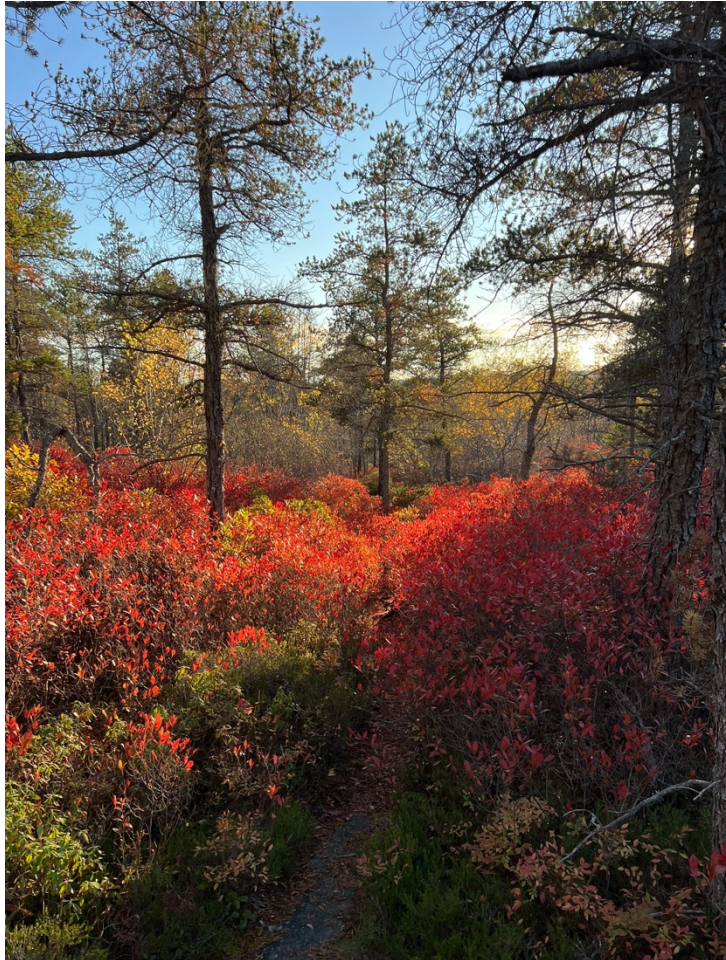
About the Cover

Cover Photo: The fall with its bright colours, fresh produce, and seasonal festivities has a documented positive impact on mental health. In addition, many take advantage of the cooler weather to enjoy walking, hiking, and other outdoor activities. Access to public wilderness spaces is therefore beneficial in maintaining both the mental and physical wellbeing of communities.

This photo was taken at Shaw Wilderness Park in Halifax, Nova Scotia, following a summer of extreme drought and bans on outdoor activities in wooded areas. This particularly difficult summer season demonstrated how vulnerable our wilderness areas are, and the support required of our communities to protect them.

During my hike through this area, I saw a diverse array of people and reflected on how the outdoors and nature is for everyone. I am appreciative to have these wild spaces available to me and my community and had missed them over the summer. I also thought about the lands and people around the country who have been impacted by drought and wildfires this year.

This cover art is dedicated to the volunteers, stewards, and advocates who maintain, monitor, and protect the public trails and lands we enjoy.



About the Artist

Pilar Robinson Gonzalez, MSc, PhD in Health Student
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About the artist: Pilar is a second-year student at Dalhousie University in the PhD in Health program. Her research is investigating ways to improve access and uptake of the HPV vaccine by Nova Scotian youth