Did you know that being outside in a park or near trees...

- Increases physical activity
- Can improve weight, blood pressure and overall health
- Improves children’s school grades and behavior
- Helps children become more social & resilient
- Lowers anxiety and depression

Did you also know that your healthcare provider can prescribe a park for you?

Tell them to go to ParkRxAmerica.org and prescribe a park for you or your family today!