

# Ask Your Doctor If Nature Is Right For You!

Ventana Wildlife Society (VWS) Wellness through Nature program helps you find safe parks and green spaces in your community to incorporate nature into your wellness journey.



## WELLNESS THROUGH NATURE *Nature Prescription Program*

**WHO:** Ventana Wildlife Society (VWS) is partnering with local Health Care Providers

**WHAT:** Wellness Through Nature program. Our staff can help you on your path to wellness by providing: information on local parks and outdoor opportunities, recommendations based on your preferred activities, resources to learn more about the benefits of nature, referrals to programs that provide scholarships, support for Spanish speakers

**WHY:** Spending time in nature can lower stress, improve mental health, and more. Making parks and open spaces critical for a healthy community.

**WHERE:** In your community, Monterey Bay area

**HOW:** Ask your healthcare provider for a referral, **OR** contact a VWS Nature Coach (scan the QR code), **OR** by just using our online resources (scan the QR code).

### HEALTH BENEFITS:

#### MENTAL HEALTH

As the access to open spaces decreases, mental health issues increase. The disconnect from the city to a hike setting can have positive effects on your health.

#### FAMILY HEALTH

Spending time in nature with your kids can strengthen family bonds. A 20 minute walk in your nearby park can make the difference.

#### PHYSICAL HEALTH

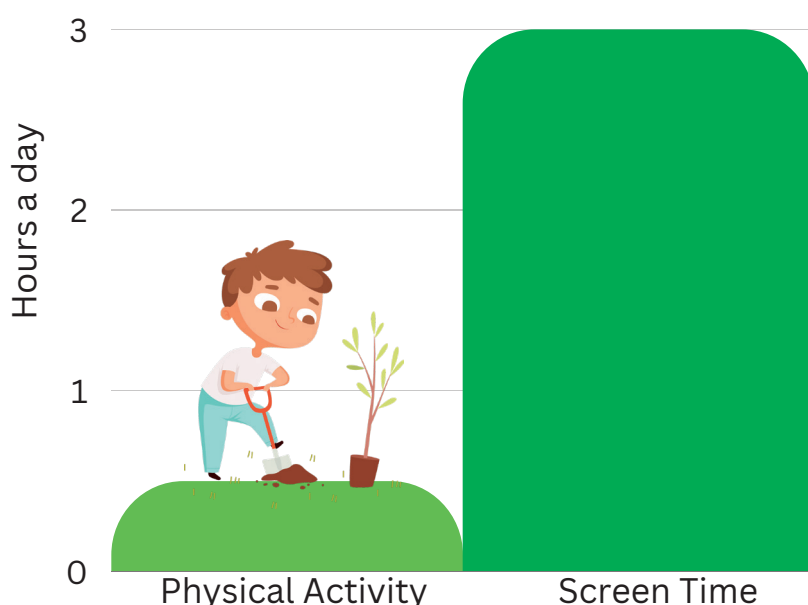
Outdoor activities such as walking or cycling serves as a workout but time in nature itself can help your physical health by: Improving your immune system and Increasing your Vitamin D intake.

### *Time in nature doesn't always have to be a workout...*

Interaction with gardens and natural spaces offers a variety of mental, physical, and social benefits for you, ranging from stress reduction to reduction of Attention Deficit Disorder in children...and it's fun!

#### Forming Postivite Habits

Keeping screen time a maximum of 3 hours a day is recommended for better mental and physical health. Doctors recommend being physically active for at least 150 minutes per week, that is 30 minutes a day in a 5 day week!



### Start your wellness journey today!

Ask your Doctor about VWS Wellness Through Nature Program or scan the QR code to visit the website.

Resources for you:



NATURE IS GOOD FOR YOU - NATURE IS FREE  
- NATURE IS A HUMAN RIGHT

[www.ventanaws.org/natureprescriptionprograms.html](http://www.ventanaws.org/natureprescriptionprograms.html)