

YOU'RE INVITED

to play in your local park!



WHO: You, your family, your friends...**everyone** is welcome in the Pittsburgh Parks!

WHEN: Everyday!

WHY: Getting outside is one of the best ways to care for your body and mind! That's why our practice is proud to partner with Pittsburgh Parks Rx to join children and families to parks and nature in our city! Research has shown that there are many benefits to getting outside, including:

- **Promotes** physical activity
- **Lowers** stress
- **Boosts** health
- **Increases** attention, mood and memory
- **Helps** build bonds with friends and family

WHAT: There's so much to do in the parks! Fun ideas include: hiking, playing on the playground, finding bugs and butterflies, geocaching, having a picnic, swimming in the pool, making a scavenger hunt, and so much more!

WHERE:

- Visit www.pittsburghparks.org/rx to find a park near you, join a group event and find fun activities
- Text **ParksRx** to **1-866-216-7543*** to receive information and tips on playing outdoors and exploring new park
*Standard data and message rates apply
- Visit www.citiparks.net to find a program at a recreation center or outdoor activity taking place near you

