

Nature Prescription



Name:

Date:

Rx

Spend 2 hours per week, 20+ minutes at a time in nature. Can include 1 or more of:

- Cycle in the river valley
- Watch a sunset
- Stroll through a park
- Have a picnic
- Sit on a park bench
- Do some gardening
- Try a new winter sport
- Go paddling

My plan:

Refills: Unlimited

Prescriber's signature:



The Benefits of Spending Time in Nature

