

Cincinnati

PARKS FOR WELLNESS



RESEARCH HAS SHOWN SPENDING TIME IN NATURE OFFERS HEALTH BENEFITS



Being surrounded by nature can help:

- Reduce anxiety
- Lower blood pressure
- Enhance immune system function
- Boost self-esteem and mood



Time in nature is particularly beneficial to people living with chronic conditions:

- Hypertension
- Diabetes
- Cancer
- Depression
- Anxiety

NATURE AS MEDICINE TIPS



Schedule regular "nature breaks" throughout your day, even for just 10 minutes at a time.



Bring greenery or images of natural spaces into your home and office.



Do activities outside that you may normally do inside such as meals or meetings.



CINCINNATI PARKS FOR *Wellness*

A collaboration between the Osher Center, the Cincinnati Parks Foundation, and the Cincinnati Parks to provide health and wellness education, movement and mindfulness therapies, and opportunities for social connection and healing in the Cincinnati Parks.

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