

Nature: The Newest Health Craze

Wednesday, March 25

7:00-8:30 p.m.

Dimond Library Branch
3565 Fruitvale Ave, Oakland CA



Join Friends of Sausal Creek in learning more about the movement to prescribe outdoor time in health treatments!

Since 2014, EBRPD has partnered with healthcare providers and community leaders in prescribing nature as a preventative intervention for chronic illnesses. Come learn about their program Park Prescriptions: Stay Healthy In Nature Everyday (Rx SHINE) and the many benefits of spending more time outside.



For more info watch the video on our website www.sausalcreek.org