



SONOMA COUNTY PARKS PRESCRIPTION

Spend time in nature at a Regional Park!

FOR *You and your family* DATE *Any day of the week*

ADDRESS *58 parks throughout Sonoma County*

DIRECTIONS

- Take a walk or hike
- Go swimming
- Go fishing
- Have a picnic
- Ride a bike
- Paddle a canoe
- Enjoy the sights and sounds of nature
- Take your child to a playground
- Learn to identify regional plants and flowers

Spending time outdoors enjoying nature can reduce stress and encourage relaxation—leading to improved health, wellness and peace of mind. Sonoma County Parks offer many opportunities for quality self-care, which is proven to boost your immune system. Share these benefits with family and friends, too!

REFILLS *Unlimited*



sonomacountyparksfoundation.org



SONOMA COUNTY
MEDICAL ASSOCIATION

scma.org



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