

Caring for you in all ways. Always. SM



Tips for visiting national and local parks

Exploring parks offers a chance to connect with nature, learn history, and enjoy outdoor activities. Plus, studies show being in nature improves physical and mental health, reduces stress, and boosts well-being. Here's how to make the most of your visits:

- **Access park rules, trail maps, and alerts.** Download the National Park Service app for updates
- **Check reservations.** Some parks require them for entry or activities. Book early to avoid disappointment
- **Plan ahead.** Inform someone of your plans and return time, pack healthy snacks and water, wear appropriate gear and shoes, and bring a first aid kit
- **Enhance your visit.** Join ranger-led tours and educational programs to learn about the park's history and ecology
- **Embrace the experience.** Take time to appreciate the beauty and serenity of nature

By visiting and caring for our parks, we protect them for future generations!

Stay safe at fireworks events

Fireworks displays are stunning, but can be dangerous. Enjoy them safely by attending professional shows, following event rules, and protecting your hearing.

Tips for healthy air travel

To stay healthy while flying, be mindful of your surroundings to minimize exposure to germs. Consider wearing a mask, and wash your hands often or use hand sanitizer often. Move around periodically to avoid prolonged sitting, pack healthy snacks, and stay hydrated.



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