

Title	Healthy Parks, Healthy People Nature Walks on Saturday Mornings - Fun and Free Walking Programs
Item Type	Student/Family Oppty
Priority Level (Site To Do's ONLY)	
Description	<p>What: These free and fun walking programs welcome any participant on the same 1st through 4th Saturdays every month, (from 10 AM to noon) in San Francisco's beautiful natural parks. A park representative will greet participants, lead stretching exercises and a nature walk.</p> <p>Why: The physical and mental health benefits of recreational experiences in nature are well known. The attached "Healthy Nature Walks Information Sheet" may help with clinical screening and counseling for physical activity, stress, depression, chronic disease self-management, and social support.</p> <p>How: We encourage you to print any of the attached Healthy Nature Walks flyers below. The flyers can be posted in waiting room/s, or given by clinicians and staff to help "prescribe" or recommend physical activity in nature.</p> <p>Where: The locations and schedule for the HPHP Healthy Nature Walks is consistent throughout 2018 and likely into 2019.</p>
Helpful Link (1)	Community Resource
Helpful Link (2)	
Helpful Link (3)	
From Department	Student, Family & Community Support
From Subunit	School Health Programs
From (Name)	Kim Coates, Executive Director
Site Levels	EED; ES; K8; MS; HS; CO
Audience	Teachers; Other Certificated; Administrators; School Classified Staff; Central Office Staff
Event Start	6/2/2018 8:00 AM
Event End	8/31/2018 5:00 PM

Due Date	
Contact for More Information	Yete McMahon Community Healthy Prescriptions Maternal Child and Adolescent Health yete.mcmahon@sfdph.org
Archive Date	8/31/2018
New	
Leadership Approval	Truitt, Kevin