

Whatcom Parkscriptions Day

Get your dose of nature.

Sunday, April 28th, 2019

Note: This informational event/sponsor packet is currently a draft of the proposed event. Formal commitments have not been confirmed with all sponsors and partners as of November 18, 2019.

Whatcom Parkscriptions Day hosted by Recreation Northwest on **Sunday, April 28th** is an annual celebration of the **Parkscriptions** program serving Whatcom County- connecting patients with positive outdoor experiences for healthier lifestyles and improved mental and physical health.

Whatcom Parkscriptions Day Overview

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Whatcom Parkscriptions Day Contact

Todd Elsworth, Executive Director

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360-739-8458

Whatcom Parkscriptions Day Programs

The county-wide events will offer a variety of programs to inspire and educate the public.

Walk with a Doc- with local providers that use this program in their practice

A Walk in the Park- featuring local subject matter experts on the park and amenities

Park Ranger Walk- a Nature walk led by the resident Park Ranger

Forest Bathing- is the healing way of simply being in the forest

PediCab with YMCA- a free pedicab service to people with low mobility

Fit School - Carol Frazey works together with you to help reach a new level of fitness

Whatcom Parkscriptions - WhatcomParkFinder.org



The full day is a series of events hosted with regional partner programs, offering a variety of experiences while highlighting the popular public parks and amenities available on the program's website: **WhatcomParkFinder.org**.

Parkscriptions

Parkscriptions connects patients with positive outdoor experiences for healthier lifestyles and improved mental and physical health.

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Whatcom Parkscriptions Day Schedule

Hovander Park, *Walk with a Doc*, Dr. Meg Lelonek, Family Health Associates, Family Care Network
Dr. Lelonek will lead a walk through Hovander Park, stopping along the way to take in the special points of interest the park has to offer. Great for Seniors and families.

Time: 11:00 am - 12:00 pm

Difficulty: 1 - Easy, ADA Accessible

Whatcom Falls Park, *A Walk in the Park*, Greenways Tim Wahl

Former city staff, Tim Wahl can be called the Grandfather of Bellingham Greenways. Talk a walk through time as Tim leads you on a historical tour of one of his favorite and the city's most popular park.

Time: 10:00 am - 12:00 pm

Difficulty: 2- Moderate

Whatcom Falls Park, *Forest Bathing*, Carolyn Watson

Learn the basic theory and practice of Japanese Forest Bathing as you walk through the park. The pace of the walk will be leisurely, with particular emphasis on breathing.

Time: 11:00 am - 12:00 pm

Difficulty: 2- Moderate

Cordata Park, *Ecotherapy*, Joe Meche

Join Joe for an immersive walk, using the outdoors for therapy. Mindfulness is a way of being in the world, of paying attention to our present moment awareness in an open, curious and accepting way.

Time: 12:00 am - 1:00 pm

Difficulty: 1 - Easy, ADA Accessible

Birch Bay State Park, *Park Ranger Walk*, Park Ranger Ted Morris

Follow Park Ranger Ted Morris through the forest on a Native Plant walk with The Friends of Birch Bay State Park.

Time: 11:00 am - 12:00 pm

Difficulty: 1 - Easy, ADA Accessible

Zuanich Point, *SilverSneakers*

Time: 11:00 am - 12:00 pm

Difficulty: 1 - Easy, ADA Accessible

Zuanich Point, *PediCab with YMCA*, Tammy Bennett

Time: 11:00 am - 12:00 pm

Difficulty: 1 - Easy, ADA Accessible

Barkley Village Pond Trail, *Fit School*, Carol Frazey

Wear your walking/running shoes and be ready to have fun!

Time: 11:00 am - 12:00 pm

Difficulty: 2- Moderate

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Whatcom Parkscriptions Day Sponsors & Partners

Sponsors: Family Care Network, Humana, Tivity Health and more

Partners: City of Bellingham, Whatcom County, Port of Bellingham, WA State Parks, YMCA, Silver Sneakers, The Friends of Birch Bay State Park and Fit School.

We also partner with other **Park Rx “Prescriptions”** programs across the country at www.ParkRX.org. Our Whatcom Parkscriptions Day is celebrated with our partners, nationally celebrating National Park RX Day in parks around the country.

Whatcom Parkscriptions Day Sponsorships

	Gold \$5,000	Silver \$2,500	Bronze \$1,000
Parkscriptions.org event page	Prominent logo	logo	logo
Event presence	table	literature	literature
Event E-mails	Logo & a mention	logo	name
Facebook	Featured post	Tagged post	Tagged post
Printed materials event posters and cards	Logo	Logo when possible	Name if possible
Print Ads	Logo	Logo when possible	Name if possible
Press Release	Prominent feature	featured	mention
Event Blog posts	logo	mention	mention

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Parkscriptions is a program of Recreation Northwest, a 501(c)3 charity. Our non-profit federal tax-exempt number is 46-1774882.

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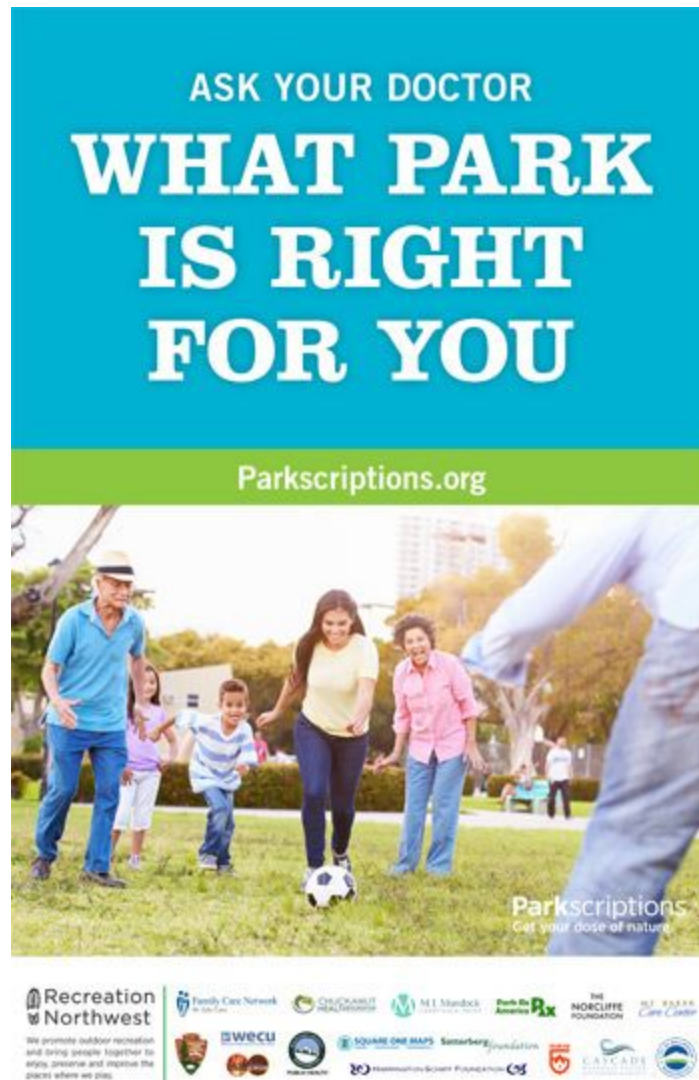
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2019 Parkscriptions Public Health Campaign

This coming year, we will leverage the event to kick off our 2019 Parkscriptions public awareness campaign- encouraging people to “**Ask Your Doctor What Park is Right for You**”. through a comprehensive multi-media campaign.

Sample Parkscriptions poster



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