

# Whatcom Parkscriptions™ | SUNDAY, APRIL 28 Day

**SPONSORS:** Family Care Network, Peace Health, Mt. Baker Care Center, Humana, Tivity and more.

**PARTNERS:** City of Bellingham, Whatcom County, Port of Bellingham, Washington State Parks, YMCA, Silver Sneakers, The Friends of Birch Bay and Fit School.

We also partner with other Park Rx “Prescriptions” programs across the country at ParkRx.org. Our Whatcom Parkscriptions Day is celebrated with our partners, nationally celebrating National Park Rx days around the country.

## WHATCOM PARKSCRIPTIONS DAY SPONSORSHIP LEVELS:

PROMOTION	GOLD: \$5,000	SILVER: \$2,500	BRONZE: \$1,000
Parkscriptions.org Event Page	Prominent logo	Logo	Logo
Event Presence	Table	Literature	Literature
Event Emails	Logo & a mention	Logo	Name
Facebook	Featured post	Tagged post	Tagged post
Printed Materials: Postcards, Posters	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

**FB Event Link:** [facebook.com/events/238640910350411/](https://facebook.com/events/238640910350411/)

### Whatcom Parkscriptions Day Contact:

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Recreation Northwest  
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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.

# Parkscriptions™

## Get your dose of nature.

### Whatcom Parkscriptions Day – SUNDAY, APRIL 28

**Whatcom Parkscriptions Day** is an opportunity for the people in our community to enjoy positive outdoor experiences, and reap the many proven health benefits of time spent in nature.

**Sunday, April 28th** there will be a number of **FREE** hosted events offering a variety of experiences – all highlighting popular public parks in Whatcom County. Full event schedule, times and location information can be found on our website at: **Parkscriptions.org**. Come out and play!

Brought to you by Recreation Northwest.

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### What Is Parkscriptions?

**Parkscriptions** connects patients with positive outdoor experiences for healthier lifestyles and improved mental and physical health. Local doctors and other health care providers – recognizing that time in nature has many **proven** health benefits – are partnering with Parkscriptions to prescribe time outdoors.

Currently, we have 78 providers (and growing!) engaged in the program, who have written 1,000 Parkscriptions. At **WhatcomParkFinder.org** you can access park information for 150 different parks in Whatcom County, and search for parks by trail surface, amenities, location and more.

Need a little help getting started? Ask your health care provider which parks are right for you. Get your dose of nature – with Parkscriptions. The refills are FREE! Brought to you by Recreation Northwest.

### History of Parkscriptions

The movement began in 2011 with the National Parks, “**Healthy Parks Healthy People**” program, eventually inspiring a group of health practitioners to gather around the idea of prescribing time in nature as a pathway to improving physical and mental health.

The number of Park Prescription programs grew from there, spreading across the nation. ParksRx America (PRA), founded in Washington D.C. by Dr. Robert Zarr, has grown to be a leader in the movement – building a park finder platform to share with like-minded programs across the country.

In 2017, we began working with Dr. Zarr’s team to expand their platform to include our local park data. The result: our Whatcom Park Finder tool (**WhatcomParkFinder.org**), that catalogs 150 different parks in Whatcom County, allowing you to search for parks by trail surface, amenities, location and more.

Moving forward we will continue to expand provider engagement, public awareness and participation and our many partnerships with outdoor programs through local community agencies and private businesses.

BROUGHT TO YOU BY:

Recreation  Northwest

### Event Schedule and Locations:

#### ZUANICH POINT PARK

##### Parkscription Day Headquarters

##### Squalicum Boathouse:

Info tables and planned activities including:

- PediCab tours with the YMCA;
- Silver Sneakers demo, refreshments by Humana;
- Carol Frazey from Fit School;
- Walk With A Doc

(11am-1pm)

Easy & Moderate Options, ADA Accessible

#### HOVANDER PARK

**Walk with a Doc:** Hosted by Dr. Meg Lelonek of Family Health Associates, Family Care Network. Great for seniors and families! (11-noon)

Easy, ADA Accessible

#### WHATCOM FALLS PARK

**Forest Bathing:** Learn the basic theory and practice of Japanese Forest Bathing on a leisurely walk in the park, with an emphasis on breathing.

(11-noon)

Moderate

#### WHATCOM FALLS PARK

**A Walk in the Park:** Tim Wahl will lead a walk through time on a historic landscape tour of one of his favorite, and the city's most popular park.

(1-2pm)

Moderate

#### STIMPSON NATURE RESERVE

Meet at Bellingham WTA station at 9:30am

**SmartTrips Bus Ride and Walk:** Meet up with SmartTrips at the Bellingham WTA station for a list of parks and trails that are accessible by bus. Then ride (bus passes provided) to Stimpson Nature Reserve for an hour of trail exploration. Return via bus by 12:30. (9:30am-12:30pm)

Moderate

#### CORDATA PARK

**Vamos Community Family Picnic:** Vamos Outdoors, a Bellingham nonprofit working to provide access to environmental education and outdoor leadership experiences to under-served communities in Whatcom County, specifically Latinx and ELL (English Language Learner) youth, is hosting a picnic for local families.

Details on our website. (2-5pm)

Easy, ADA Accessible

#### LAKE PADDEN

**Nutrition Therapy:** Take a walk through the woods with Nutritionist and Diabetes Educator Jennifer Burdinka, Peace Health Medical Group.

(11-noon)

Moderate

...AND GROWING!

**AD PLACED:**

Adventures NW and City of Bellingham Leisure Guide



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Easy, ADA Accessible

**+ WHATCOM FALLS PARK EVENTS & MORE!**



Full event schedule, times & locations at [Parkscriptions.org](https://Parkscriptions.org)

