

Parkscriptions™

Get your dose of nature.

Parkscriptions Week hosted by Recreation Northwest on **Sunday, April 18th - April 26th** is an annual celebration of the **Parkscriptions** program serving Whatcom County- connecting people with positive outdoor experiences for healthier lifestyles and improved mental and physical health. The week aligns with National Parks Week (April 18-26), National Parks RX day (April 26th) and Earth Day (April 22nd).

Parkscriptions Week Contact

Elizabeth Nelson, Parkscriptions Program Director
Elizabeth@Parkscriptions.org
503-502-4158 (cell)

Parkscriptions Week (April 18 - 25th) Events

The week of events will offer a variety of programs to inspire and educate the public.

Earth Day, April 18th (Saturday) Maritime Heritage Park Work Party Join CoB Greenways Volunteers

Earth Day, April 22nd (Wednesday) Beach Cleanup- Join ReSources and Surfrider Foundation to cleanup Locust Beach: 4-6pm

NW Tulip Trekkers April 25th (Saturday) - Come join the [NW Tulip Trekkers](#) for a one day traditional event in Bellingham, WA. NW Tulip Trekkers and Bellingham Senior Center, invite you to join us in our walk around Bellingham City, Bay, Whatcom Creek and Farmer's Market. Please also take time to enjoy some of our many other 21 walks around this beautiful part of the world in which we live!! 9:30 am until 11:30 am. Guided 11 km walk at 10:00 AM - 2:30 PM

Parkscriptions Day, April 26th (Sunday) - A full day of events will be held at the **Chuckanut Center** (103 Chuckanut Dr N, Bellingham WA 98229)

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

Mountain Biking- Shifting Gears will provide a mountain biking event to inspire

The full week 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:

Parkscriptions.org

Visit: [Parkscriptions.org](#) to view the most updated list of events

Parkscriptions

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

Parkscriptions™

Get your dose of nature.

Parkscriptions Day (April 26th) Sponsorships

Parkscriptions Sponsorship Opportunities

SPONSOR LEVEL:	YEARLY DOSE SPONSOR	MONTHLY DOSE SPONSOR	WEEKLY DOSE SPONSOR	SHOT IN THE ARM SPONSOR
SPONSOR AMOUNT:	\$5,000	\$2,400	\$1,200	\$700
Local Ad*	Sponsorship mention on all ads	1 full page ad	Half page ad	Quarter Page Ad
Bus Board	Large logo	Logo	Logo	-
Poster	Large logo	Logo	Logo	Logo
Newsletter / Parkscriptions Website	Article	Highlight	Mention	Listed
EXPO	Booth	Table	Table	-
Social Media	Mention	Mention	Mention / Like	Like

* Local advertisements may include: Mt. Baker Experience, Adventures NW, City of Bellingham Leisure Guide and Cascadia Weekly.

Parkscriptions Week Contact

Elizabeth Nelson, Parkscriptions Program Director
 Recreation Northwest
 Elizabeth@Parkscriptions.org
 503-502-4158 (cell)

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

Parkscriptions

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