

Outdoors Rx[®]

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What's Outdoors Rx?

Fun, local family programs for
0-13 year olds

Boston, Chelsea, Framingham,
Revere, and Waltham

Free, public, year-round

Easy pathways to outdoor
exploration

No previous experience, special
clothing, or equipment is
necessary!



Cognitive Benefits of Nature

Variation

Improvements in mood and self-esteem

Increases happiness and lowers stress

Reduces anxiety and anger

Increases creativity and problem solving skills

Improves concentration and focus

Builds connections with friends and family

Treatment option for depression



Physical Benefits of Nature

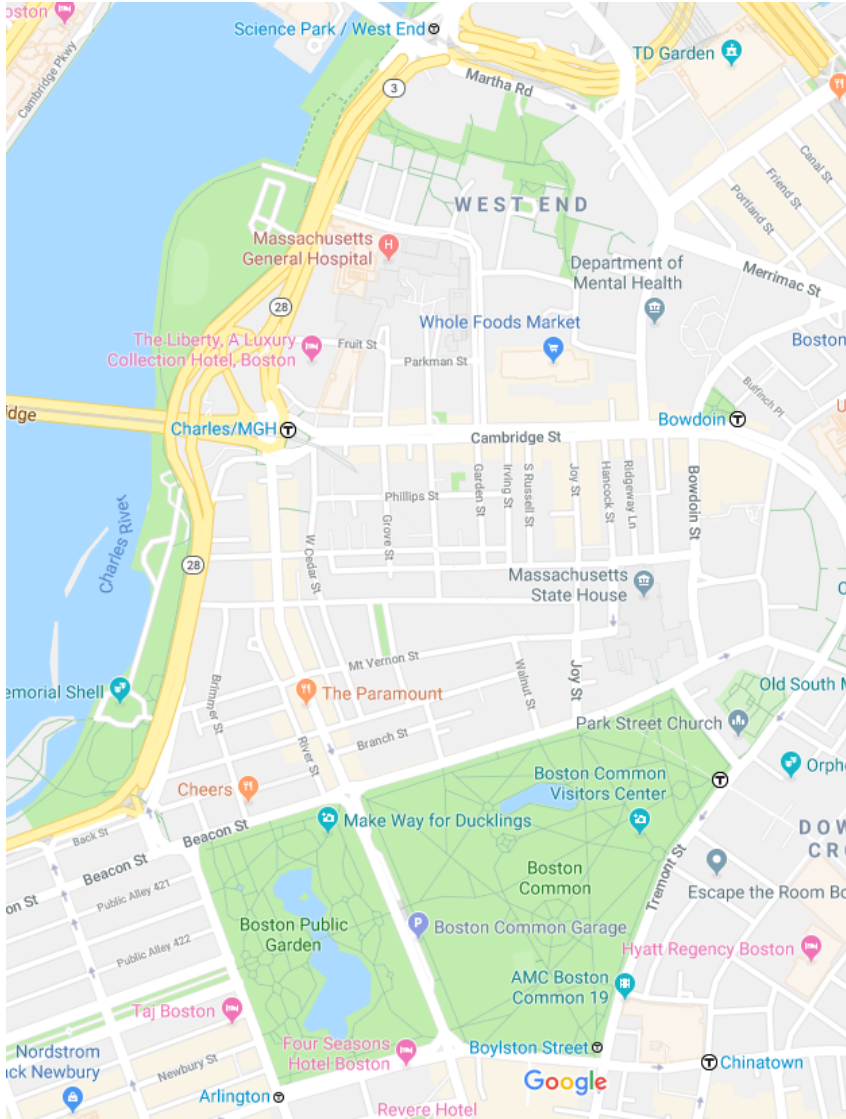
Balance

Coordination

Sleep

Lower blood pressure (2%), heart rate (4%), and cortisol production (16%)

Improved immune function



Oh the places you'll go!

Outdoors Rx - <http://www.outdoorsrx.org/>

AMC Family Chapters - <https://www.outdoors.org/chapters/>

Meet Up Groups

Google maps

Local Parks and Rec

Mass Audubon - <https://www.massaudubon.org>

DCR - <https://www.mass.gov/orgs/departement-of-conservation-recreation>