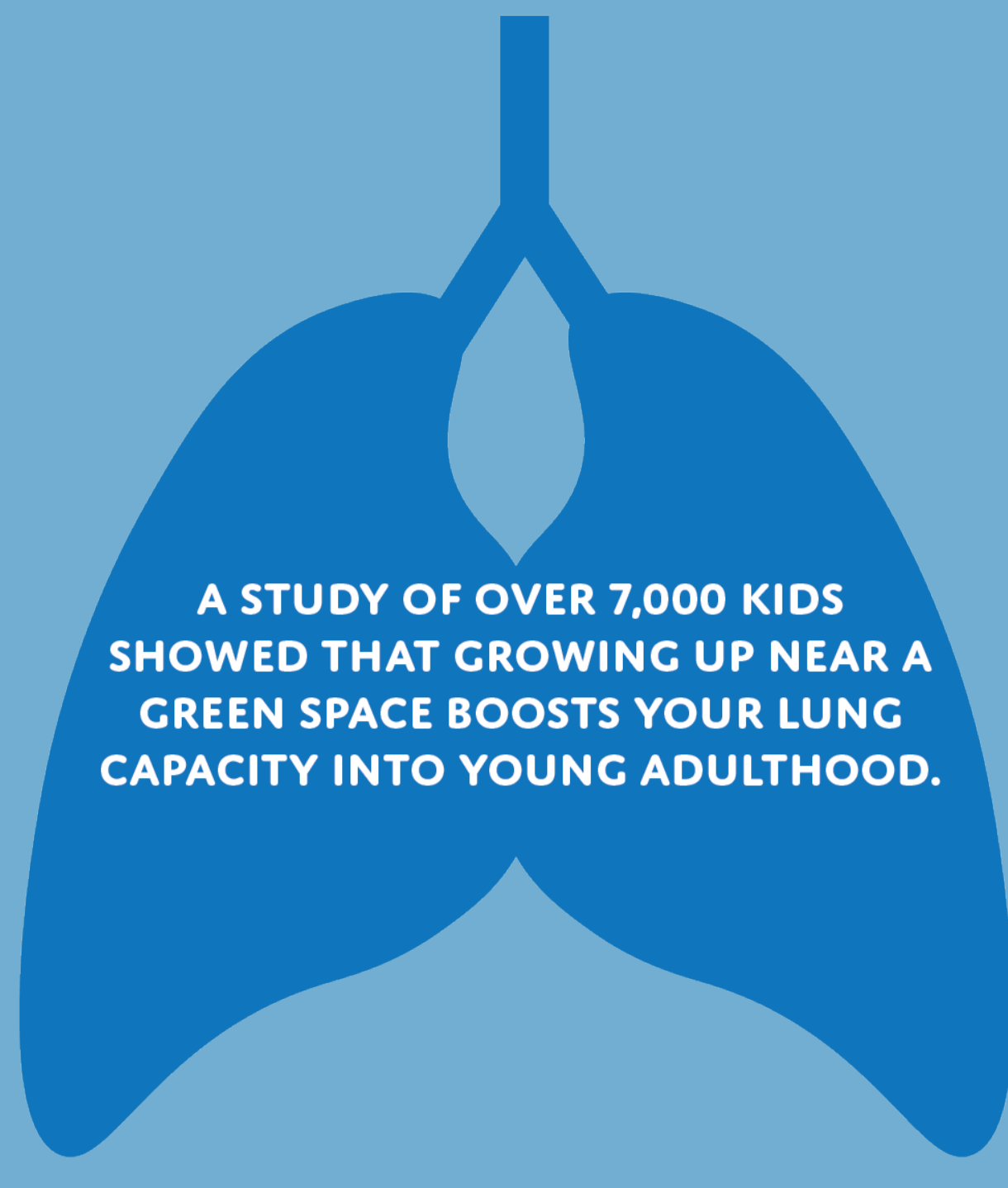


# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



- Trees are known to give off compounds called phytoncides, which have health benefits for us. Phytoncides are airborne chemicals that plants give off to protect themselves from insects. Phytoncides have antibacterial and antifungal qualities which help plants fight disease. When people breathe in these chemicals, our bodies respond by increasing the number and activity of a type of white blood cell called natural killer cells or NK. These cells kill tumor- and virus-infected cells in our bodies.
- Studies show that spending more time in green space drops your risk of asthma and mortality from lung disease.
- Research shows that participating in nature activities reduces inflammatory biomarkers like IL-6, which have been linked to asthma.

Links about Natures benefits for Lung health  
<https://www.heartandstroke.ca/articles/how-nature-improves-your-health>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6121514/>  
<https://pubmed.ncbi.nlm.nih.gov/16873099/>  
<https://www.dec.ny.gov/lands/90720.html>

## Highlighted Outdoor Activities for August 2023

[Calendar](#)



**Matilda**  
 Zilker Hillside Theatre Summer Musical  
 July 7th - August 12th  
 8:15PM  
 2206 William Barton Drive, 78746  
 FREE



**Austin Pride Festival**  
 Fiesta Gardens, 2101 Jesse Segovia St.  
 Saturday, August 12, 2023 - 11:00 AM to 7:00 PM  
<https://austinpride.org>  
 FREE Inflatables Games & Carnival Rides, Drag Queen Story Time, 100+ Vendor Booths, Drinks & Food, and more! PRIDE PARADE DETAILS: Congress Ave. / Warehouse District 8:00pm – 11:00pm  
 The Parade is FREE and open to the public. It kicks off at the Texas State Capitol Building and marches down Congress Ave. and ending on the Ann Richards Bridge.

### Get into Nature with the Austin Parks and Recreation Department.

- Lamar Senior Activity Center
- Conley-Guerrero Senior Activity Center
- South Austin Senior Activity Center
- Tennis
- Golfing at Golf ATX
- Softball, flag football, Basketball leagues  
<https://www.capitalcityathletics.com/home>
- Disc Golf
- Pickleball
- Trail Directory
- Skate Parks
- Zilker Botanical Garden
- Pools
- Playgrounds
- Picnic Sites
- Austin Nature Science Center

### Other Organizations Around Austin with Upcoming Outdoor Events:

- Texas Farmers Market at Lakeline
- SFC Farmer's Market Downtown
- Mueller Farmer's Market
- Boggy Creek Farm
- Lady Bird Johnson Wildflower Center  
*gardening, yoga, etc.*
- Nature Rocks Austin
  - Find Activities in Green Spaces & Parks in Your Community
- Austin Parks Foundation  
*Movies in the Park*
- Texas State Parks
- Tree Folks
  - Volunteer & Calendar of events
- Peace Park & Conservancy
- Waterloo Greenway and Moody Amphitheatre
- Austin Public Library
  - Outdoor Storytime

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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