

PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



World Alzheimer's Month is the international campaign from Alzheimer's Disease International. World Alzheimer's Day takes place during World Alzheimer's Month and is on September 21st every year.

In the build up to, and on the day of, many Alzheimer and dementia associations around the world host memory walks, fundraisers, awareness raising activities and campaigns to bring attention towards those in their community that are affected by Alzheimer's disease or other types of dementia.

Using nature as a way to help reduce a persons risk of developing dementia is a widely used form of prevention and also a treatment.

[World Alzheimer's Month](#)



[Calendar](#)



Free Day of Yoga at Waterloo Greenway

September 4th
7:30 AM- 8:45 PM

[1111 Red River St
Austin, TX 78701
United States](#)

FREE

24 classes to choose from:

Yoga, Forest Bathing, Meditation, Family Yoga, Soundbath, Tarot, Etc..

The Waterloo Greenway Conservancy has partnered with Free Day of Yoga to offer free outdoor yoga classes in their beautiful spaces! Waterloo Greenway is a 1.5 mile public park system right in the heart of downtown Austin.

- Bring your own mat and water bottle, and enjoy a variety of classes in the fresh air throughout the day.

[View the schedule and RSVP in advance.](#)

[Sign up for the Free Day of Yoga Here](#)

Keeping the Pease Yoga

[Pease Park Conservancy](#)
September 21st
6 - 7 PM

[Kingsbury Commons in Pease Park](#)
1100 Kingsbury Street
Austin, TX 78703

Free

September class will be from 6pm - 7pm!

Join free yoga in the park, Keeping the Pease, led by Vivian Lee!

About the Slow Flow + Breathwork class (60 minutes): Nurture your mind-body connection in community and in nature! This class is an intentional flow where you'll be guided to match movement with breath. We'll end with a short, traditional breathwork practice to cultivate inner peace and clarity. Modifications and options are provided to make the practice suitable for all levels.

About Vivian: Vivian is a certified yoga and breathwork teacher who loves sharing these practices with others for both its physical and spiritual benefits. She's a native Austinite who aside from practicing yoga, can be found working with nonprofits and social enterprises, playing pickleball and eating all the breakfast tacos.

[Register Here for Pease Yoga](#)



Fiesta Austin

[Fiesta Gardens, 2101 Jesse Segovia St.](#)
Saturday, September 16th
10 am - 10 pm

<https://fiestaaustin.org>

No Cover Charge Until 12pm

Free All Day for 12 Years of Age and Under

After 12pm \$7 cover at gate.

Pre-Sale Tickets \$5

Fiesta Austin pays tribute to Hispanic history, heritage and tradition. Held in the heart of East Austin, Texas. Dedicated to preserving Hispanic culture in Austin, keeping the tradition alive.

Live Music from DJ Tejano Man

Tejano Roots Hall of Fame Winner, Hot Tejano DJ and Radio Personality Chris "Tejano Man" Tristan

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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