



# City of Austin

Parks and Recreation Department  
200 South Lamar Blvd, Austin, TX 78704

March 6, 2020

RE: Park Prescription

Dear Health Care Provider,

The City of Austin Parks & Recreation Department (PARC) invests in the health of our community. Over the years, scientific study consistently affirms what PARC has observed to be true – spending time outdoors, especially in natural settings, has significant health benefits. The benefits are described in the attached brochure and include both improvements to the physical and mental well-being of individuals, families and communities, as well as the well-being of the environment.

PARC created the Park Prescription program and materials to extend a hand to you as allies in our mutual goal of nurturing a healthy and active community. It is our Department's hope that these tools help you to encourage healthy lifestyles. Through formal partnerships, the Park Prescription program will share the park resources available in Austin as well as the health benefits of nature.

PARC supports the Healthy Parks Healthy People initiative, a worldwide campaign to encourage healthy outdoor activities while appreciating and caring for parks and open spaces. Our Department offers access to nature, sports, culture and recreation through our more than 20,000 acres of green space, 300 parks, 227 miles of trails, 26 recreation/senior centers, 35 swimming pools and much more. The many trails offer space for walking, biking or meditation; picnic areas provide a space for family gatherings adjacent to playgrounds and sports fields. Our free or low-cost recreational programs promote physical activity, social connection, learning and outdoor enjoyment. Most importantly, PARC has a dedicated staff to collaborate with you.

Great advances in healthcare result from collective efforts for change. Thank you for joining us in this movement to integrate Austin's natural environment with patient care.

For more information, please feel free to contact Jill-Habegger-Cain, Recreation Program Coordinator – Health Promotions, by phone at (512) 974-3907 or by email at [Jill.Habegger-Cain@austintexas.gov](mailto:Jill.Habegger-Cain@austintexas.gov).

Warm Regards,

Kimberly McNeeley, CPRP, Director