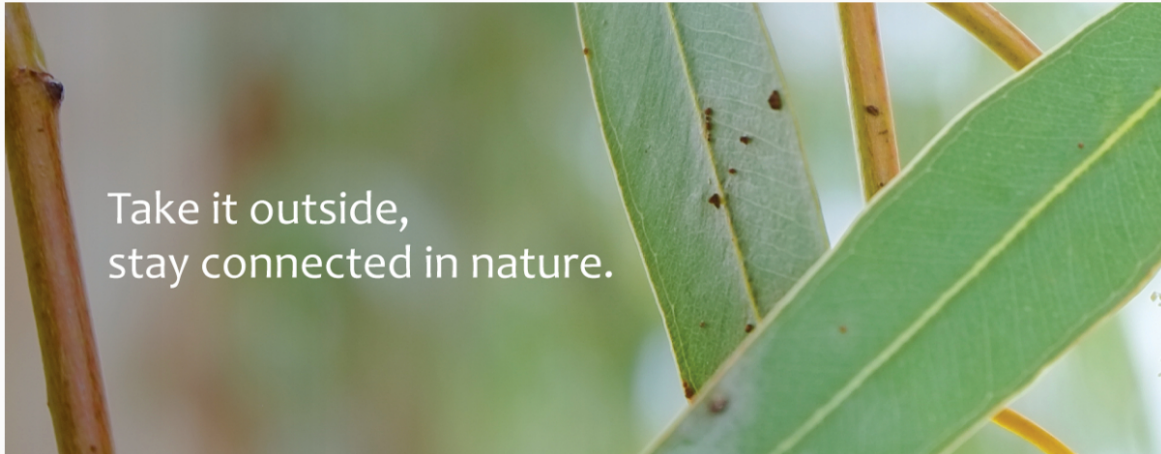


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Take it outside,  
stay connected in nature.



## **Time in nature heals, enlivens, calms and connects us all.**

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As both a Health and Environmental charity, the People and Parks Foundation's vision is for all people to be connected in nature, as this leads to improved environmental and human health and wellbeing outcomes.

This strange year we've seen people all over the world find space, fresh air, comfort and connections in nature. People everywhere are realising the benefits and joy of 'nature dosing' wherever, however they can.

As COVID-19 restrictions in Victoria start to ease we want to ensure people continue to enjoy the health, wellbeing and social connection benefits that come with time spent in nature, and to experience these nature dose benefits each and every day.



This November we're calling on everyone, young or old, near or far, to make a **#NaturePact** and dose up on nature for a month – that's 30 minutes in nature a day, every day for 30 days.

**What's a Nature Dose?** Easy – it's you, in nature, noticing nature. Whatever you're doing – at work, rest, play or commute – take it outside, stay connected in nature.

**No nature nearby?** Let's fix that. In the meantime, nature-spaces will do. Take a walk and notice your neighbours' plants, street trees, birds, the local park.

It's amazing where you'll notice nature.

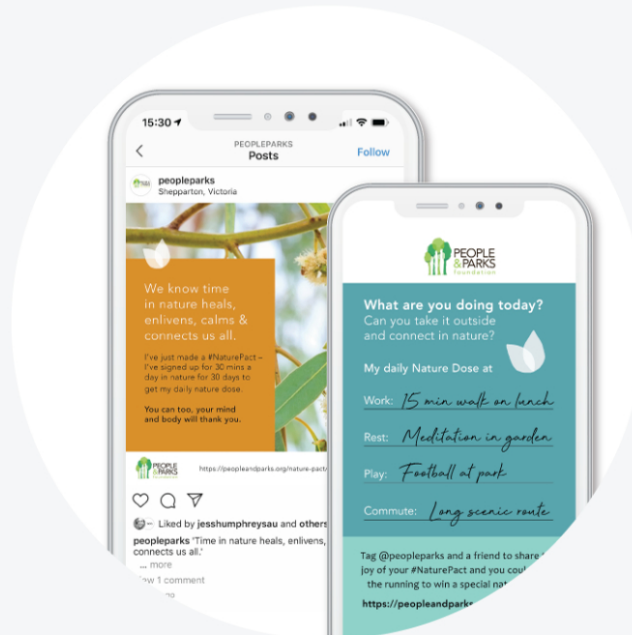


## To make your #NaturePact:

1. Click [here](#) to sign up and make a #NaturePact with a family member, friend or colleague
2. Share your experiences being in and noticing nature on your social media. Remember to tag your post using #NaturePact and you'll have the chance to win some beautiful nature-based prizes from our valued partners
3. Stay tuned for special themes and challenges to motivate and inspire

Make Pact

## #NaturePact Guides



Download IG Post

Download IG Story

Next step? Take it outside,  
stay connected in nature!

Kind regards,  
Alison Hill  
Managing Director, The People and Parks Foundation

PS Make your **#NaturePact** today,  
your mind and body will thank you.

#LiveNatureWise #DailyNatureDose

Have you made your  
**#NaturePact?**

[info@peopleandparks.org](mailto:info@peopleandparks.org)



We respectfully acknowledge the Traditional Owners of the country throughout Australia and acknowledge the ongoing living culture of Aboriginal people.

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