



## It's time to Live Nature Wise

### Welcome and congratulations on making your #NaturePact for 2023!

We're so excited you're joining us and committing to connecting with nature for at least 2 hours a week every week this September – and then hopefully beyond!

At the People and Parks Foundation, we call the multiple benefits that flow from connecting regularly and intentionally with nature – including caring for nature – **the Nature Dose**.

Everyone's Nature Dose practice is different and the possibilities are truly endless. During the #NaturePact campaign we offer you four weekly 'nature connection' themes that we hope will interest, inform and inspire you to build your own personal Nature Dose as a deeply fulfilling and sustainable way of caring for yourself and the planet at the same time.

Each week we'll email you a new #NaturePact theme and 'call to action', and we'll continue to share with you some of the [interesting research](#) about the physical and mental health benefits of connecting with and caring for nature for at least [two hours a week](#).

The #NaturePact campaign is part of our Live Nature Wise programming, and we look forward to sharing with you some exciting developments about our Nature Scripts and NatureWise at Schools programs too.

However you get your Nature Dose, we hope you'll help us spread the Live Nature Wise idea by sharing your experiences on our socials using the #NaturePact hashtag.



When you tag us you'll be in with a chance to win sustainable, nature-based prizes from our Principal #NaturePact Partner, [Koala Eco](#) and our Live Nature Wise friend and supporter, [Dr Dimity Williams](#).

I hope you can make the most of this year's campaign! We encourage you to invite other people – friends, family, and colleagues – to join you in making a #NaturePact to spend more time connecting with nature. As we know, *time with nature is always time well spent*.

Kind regards

**Alison Hill**

Managing Director

[People and Parks Foundation](#)

PS Don't forget your Nature Dose each day – at least two hours a week!



Time with nature is always time well spent

## Download our #NaturePact Templates



SOCIAL MEDIA STORY

[Download Forest Green](#)



[Download Dark Green](#) →



SOCIAL MEDIA POST

[Download Forest Green](#)



[Download Dark Green](#) →

## #NaturePact Giveaway

If you choose to share your experiences connecting with nature with us during September on our socials, you'll have the chance to win sustainable nature-based prizes from our Principal #NaturePact Partner, [Koala Eco](#) and our friend and supporter [Dr Dimity Williams](#).

Access the #NaturePact Giveaway T&Cs [here](#).



#NATUREPACT | @PEOPLEPARKS



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

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