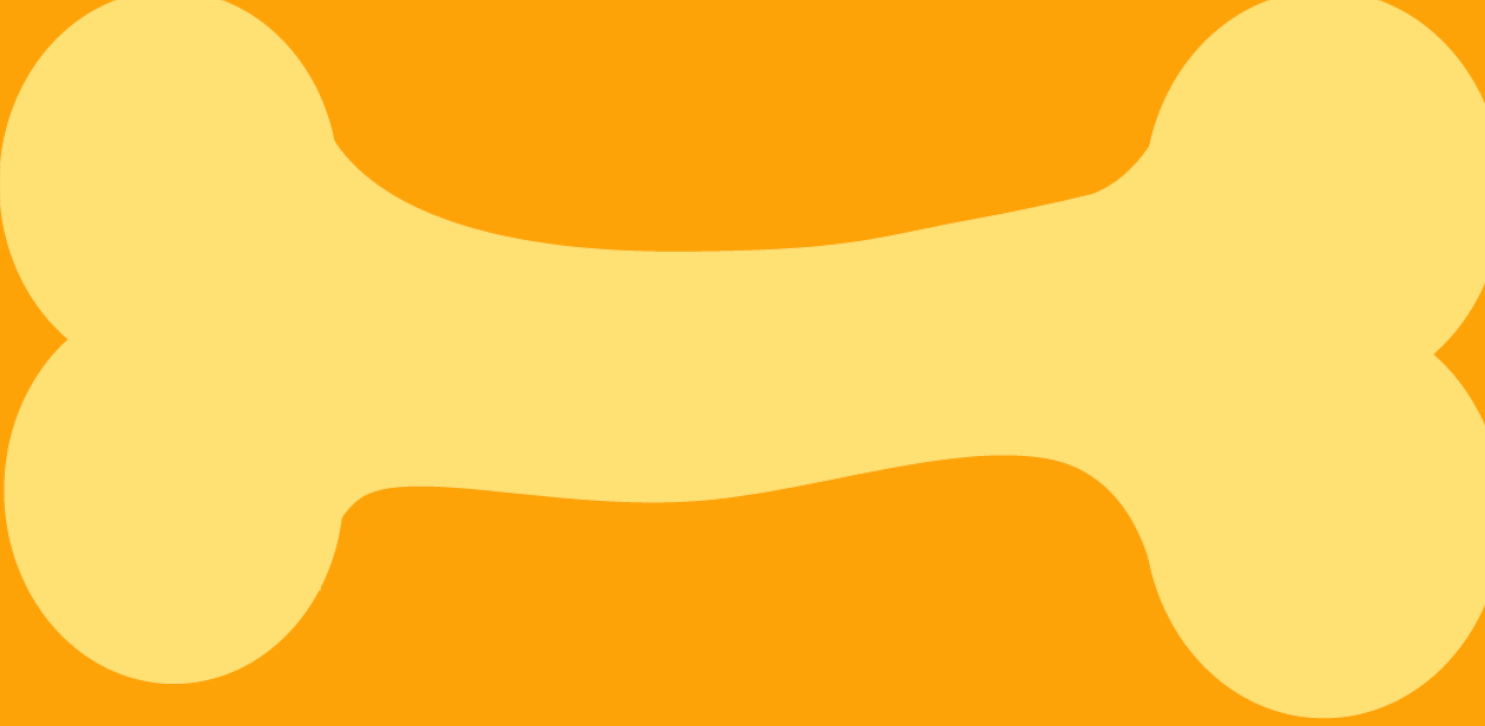


PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



What do skeletons use to communicate?
Telebones.

The sun is a major source of the Vitamin D that our bodies need. Being outside can help your bones stay healthy. Broadly speaking about 20 percent of the body, especially arms and legs if exposed to sunlight for a minimum of fifteen minutes a day can help in the synthesis of a good amount of Vitamin D.

VITAMIN D NOT ONLY STRENGTHENS BONES AND REDUCES THE RISK OF FALLING, IT ALSO HELPS TO LOWER LDL CHOLESTEROL AND BLOOD SUGAR.

October Health Observances

Below are some of the health observances this month. Click on the box to learn more of about each health observance.

NATIONAL BREAST CANCER AWARENESS MONTH

NATIONAL ADHD AWARENESS MONTH

NATIONAL PHYSICAL THERAPY MONTH

HEALTH LITERACY MONTH

October Highlighted Outdoor Events

[Calendar](#)



Keeping the Pease Yoga

Pease Park Conservancy

October 19th
6 - 7 PM

Kingsbury Commons in Pease Park
1100 Kingsbury Street
Austin, TX 78703

Free

Join our 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 Yoga](#)



Sound Bath in the Treehouse

Pease Park Conservancy

Wednesday, October 18th
7pm - 9pm

Pease Park - Kingsbury Commons Treehouse
1100 Kingsbury Street
Austin, TX 78703

Free

Stop by the Treehouse in Pease Park on Wednesday, October 18th, between 7:00 and 9:00 p.m. to soak up the rich sounds of Bruised Sinatra.

Bruised Sinatra is an original acoustic Austin-based sibling duo (guitar, stand up bass and vox) with a sultry blend of a rock-n-roll, blues and a hint of jazz.

[Register Here to Attend the Sound Bath](#)

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
- 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
- Pease 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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