

# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



STUDIES SHOW THAT BEING IN NATURE IS RELAXING; REDUCING STRESS, CORTISOL LEVELS AND HEART RATES - ALL OF WHICH ARE RISK FACTORS FOR CARDIOVASCULAR DISEASE.

### Many studies have concluded that:

- A review of 143 scientific studies showed that spending more time in green space cuts your overall risk of diabetes, heart disease and stroke.
- Air pollution, which is associated with adverse health outcomes including heart disease, is lower in areas with more trees and greener environments.

### Studies that show the connection of nature and Heart Health. Click the link to read more:

- [The health benefits of the great outdoors: A systematic review and meta-analysis of greenspace exposure and health outcomes](#)
- [Nature makes you...](#)
- [The Health Benefits of Urban Nature: How Much Do We Need?](#)
- [Greenspace, Inflammation, Cardiovascular Health, and Cancer: A Review and Conceptual Framework for Greenspace in Cardio-Oncology Research](#)
- [How nature improves your health: It can reduce stress, shorten hospital stays, and so much more. Dr. Scott Lear explains](#)

[Find Out More](#)



Austin City Pools are beginning to open up around the city, check out your local pool or splash pad opening dates at the link below.

[Pool Opening Dates](#)

### Know the Signs of Heat Stroke



Heatstroke occurs when your body temperature rises rapidly and you're unable to cool down. It can be life-threatening by causing damage to your brain and other vital organs.

#### Possible signs of Heat Stroke:

- confusion
- seizures
- heavy sweating
- cold, clammy skin
- dizziness
- muscle cramps



### Highlighted Outdoor Activities for June 2023

[Calendar](#)



Austinites know summer has begun once the Austin Symphony Orchestra's Hartman Foundation Concerts in the Park has begun. All ages, including pets, enjoy relaxing Sunday evenings with different musical ensembles presented by the Austin Symphony Orchestra (ASO).

In its 21st summer season, these free ensemble concerts take place at the Hartman Concert Park in front of the Long Center City Terrace and run on Sunday evenings. Thanks to a generous gift from the Hartman Family Foundation, these informal concerts for the Austin community continue to be funded each season allowing Austinites to become acquainted or reacquainted with the classical music experience. Performing music from jazz and light classical to pops selections and film scores, concertgoers are encouraged to bring a picnic dinner and blanket, and make it a group outing.

We recommend bringing a lawn chair, blanket, insect repellent, and beverages to stay hydrated.

#### CONCERT SCHEDULE:

- May 28: Brass Quintet
- June 4: Wind Ensemble
- June 11: String Quartet
- June 18: Brass Quintet
- June 25: Wind Ensemble
- July 9: String Quartet
- July 16: TBD
- July 23: TBD
- July 30: TBD
- August 6: TBD
- August 13: TBD
- August 20: TBD

#### WEATHER ALERTS & CANCELLATIONS

The ASO monitors the weather closely on concert day. For the safety of the musicians, their instruments, and our patrons, the ASO will make announcements if the weather exceeds a certain temperature or if it's raining at the time of the performance per our agreement with the musicians. All cancellations or modifications will be announced on Sunday by 6:00. Concerts will not be rescheduled.

This is a free event. No tickets required.

### 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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