

# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



When we spend time in nature we are able to reap the benefits of the vitamin D provided by the sunlight and reset our circadian rhythm. Spending time outside can help calm your mind and help relieve anxiety and stress thereby helping you have a better nights sleep.

- [3 ways getting outside into nature improves your health](#)

"You may find that **you sleep better** when you are regularly outside. Daily exposure to natural light helps regulate sleep/wake cycles. By making sure that you get outside in sunlight every day, you can improve your ability to sleep at night."

*Wear the proper sun protection and enjoy the outdoors!*

Even the sounds of nature are a benefit to a good nights sleep. We all have sleep sound preferences, but a good storm or forest sounds can help soothe even the some of the most stressful days. We have a few apps that we use to provide those calming outdoor sounds when we are trying to sleep. There are also various videos on YouTube that are free and provide visuals and sounds for a restful night.

- [Medicinal Media Low-fi rain on windows](#)
- [Naturespace](#)
- [Calmsound](#)
- [The Nature Sounds Map](#)
- [Calm](#)

## September Highlighted Outdoor Events

[Calendar](#)

### Texas Wellness Day

FREE

[More Information Here](#)

September 7th, 2024

Fiesta Gardens Building | 2101 Jesse E. Segovia Street Austin, TX 78702

Discover a dynamic mix of wellness vendors featuring up-and-coming brands, beloved Austin favorites, and unique wellness experiences.

Sip, shop, and sample a fun variety of offerings. Groove to live music, learn some Texas-style dance moves, dive into a yoga flow, and challenge yourself with our Texas Trivia. Don't miss our "silent" activation or the special kid-friendly yoga session, too!

Albion Fit, Clean Cause, Limitless, Icryo, Breeze Dental, Pvolve, Body Fit Training, Nike Training Studios, Keyspan, Hydrate IV, Nova Vita, The Confetti Crew, Instaglow on the Go, Ritual, Lyfe Herbs, June Mae Co, Fyre Pix, Flacas, Aguas, Gigglebox, Organic Muscle, Mad Hippie, Norman MD, Music Water, Kristen Fuhrman, SWEAT440, Milk and Honey

### ¡VIVA MEXICO!

Umlauf Sculpture Garden presents

### Viva Mexico

FREE

September 14, 2024  
5 PM - 9 PM

Oswaldo Cantu Pan Am Recreation Center  
[2100 E. 3rd St, Austin, TX 78702](#)

The Emma S. Barrientos Mexican-American Cultural Center (ESB MACC) will host its 17th annual [Viva México](#) celebration outside of the [Oswaldo A.B. Cantu/Pan American Recreation Center](#) on Saturday, September 14th from 5:00-9:00 pm. This lively outdoor celebration on the hillside includes live mariachi music and folkloric dance performances, family-friendly art activities, and a vendor market. Master of Ceremonies Claudia Talamantez from Univision will lead the evening's entertainment, and Mexican Consul Humberto Hernández Haddad will give the Grito de Independencia.

A marketplace from [Frida Friday ATX](#) will introduce guests to vendors selling original artwork, clothes, jewelry, and gifts that support women and BIPOC local artists. The MACC Education team will be providing free childrens activities including hands-on crafts.

Viva Mexico is an Austin tradition that pays tribute to both Mexico's Independence Day and to the diverse cultural traditions of Austin's Mexican, Mexican-American, Latino, Chicano, and Tejano community. While the ESB MACC is closed for Phase 2 renovations, it is important to continue this annual celebration; an East Austin tradition that brings the Austin Latino (Latina/e/x) community together.

Viva Mexico 2024 Performance Schedule: 5:00 PM MC Welcome and Announcements

- 5:05 PM Danza Azteca Guadalupeana
- 5:35 PM Llamativa
- 6:20 PM Mayor Kirk Watson & Elected officials
- 6:25 PM Grito with Consul General & Alexandra Dorantes
- 6:50 PM Organizacion Kumbiambera
- 8:00 PM Mariachi Clasico
- 8:30 PM Round Rock Ballet Folklorico
- 8:55 PM Grand Finale : La Negra & Viva Mexico with Ballet Folklorico and Mariachi Clásico

\*\*\* Performance times are estimated only and are highly subject to change!

**Updates:**  
Stay tuned on the MACC social media ([@ESBMACC](#)) for "know before you go" information/ travel tips.

**Shuttle Information:**  
There will be a free shuttle bus from 4:00pm-10:00pm making trips to and from the Pan American Recreation Center. Guests may park in the neighborhood around it and take the free shuttle to and from the event.

## September is...



### 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
- Peace Park Conservancy
- Waterloo Greenway
- 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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