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Department of Biodiversity,
Conservation and Attractions

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Step into parks for a health boost

Improve your health by spending time in healthy parks. Parks have plenty of space for physical pursuits, peace for restoration from urban stress and places to socialise and enhance personal relationships.

Take the first three steps towards a healthier life...

- Step 1** Visit a park in the Perth metropolitan area.
- Step 2** Walk, cycle, birdwatch, picnic, do yoga or tai chi while you're there.
- Step 3** Bring your friends and family or join a community group.

To find out more about CALM-managed lands and waters and why spending time in parks is healthy, click on www.naturebase.net, or email hphp@calm.wa.gov.au.

Healthy Parks, Healthy People
An initiative of the Department of
Conservation and Land Management



Healthy Parks
Healthy People



Discover the nature of Perth's parks

forests... woodlands... wetlands... coast...



Nearer to Nature guided activities
can help you explore and enjoy natural
environments in and around Perth.

- Join a seasonal activity to experience the flora, fauna and cultural heritage of marine, regional and national parks.
- Get a group together and call us to create a nature-based experience to suit your interests.

Call **9295 2244** or email

n2n@calm.wa.gov.au for bookings
and information. Group and seasonal activity
information is available online at

www.naturebase.net/n2n.html

Discover Perth's nature...



Nearer to Nature

