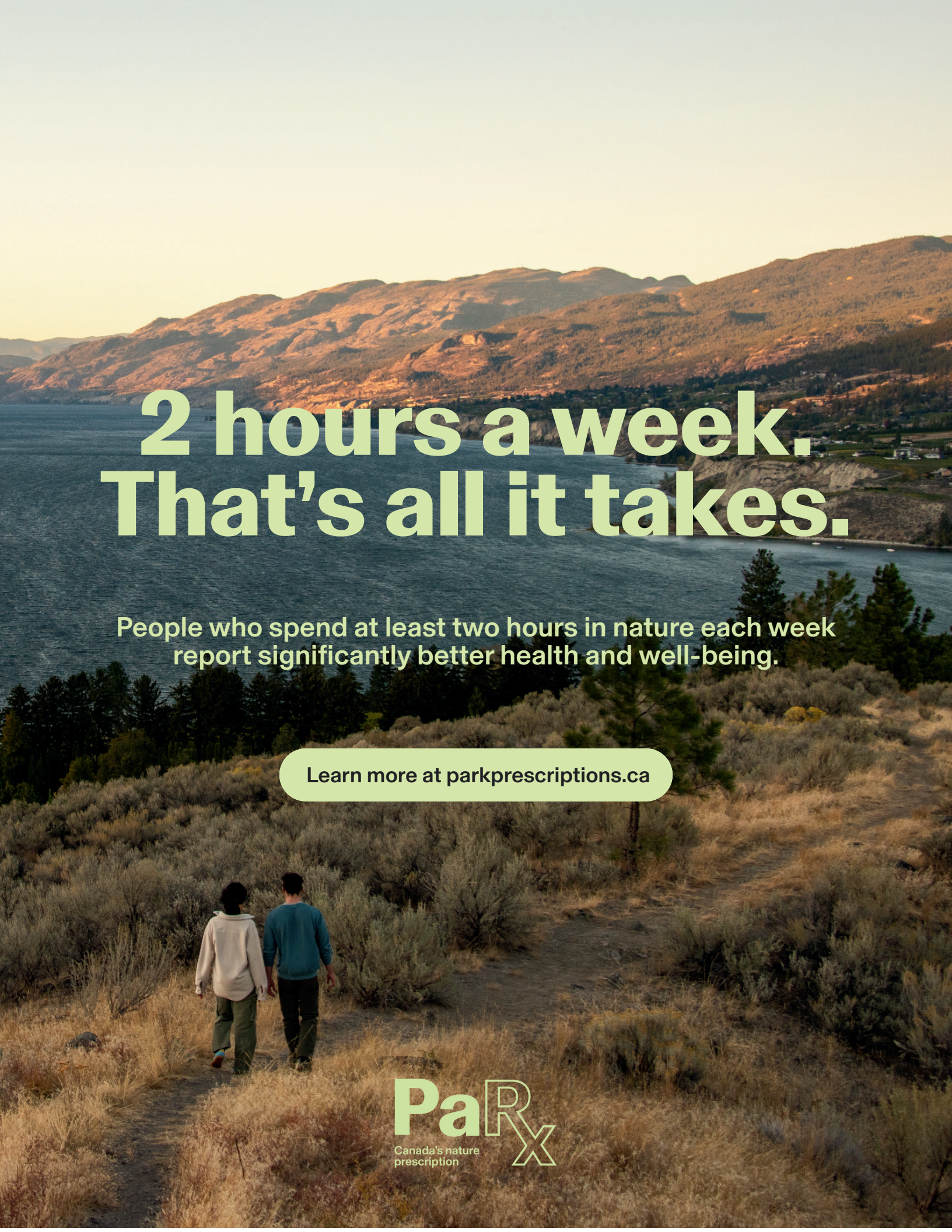

2 hours a week.
That's all it takes.
People who spend at least two hours in nature each week report significantly better health and well-being.
Learn more at parkprescriptions.ca
PaRx
Canada's nature prescription