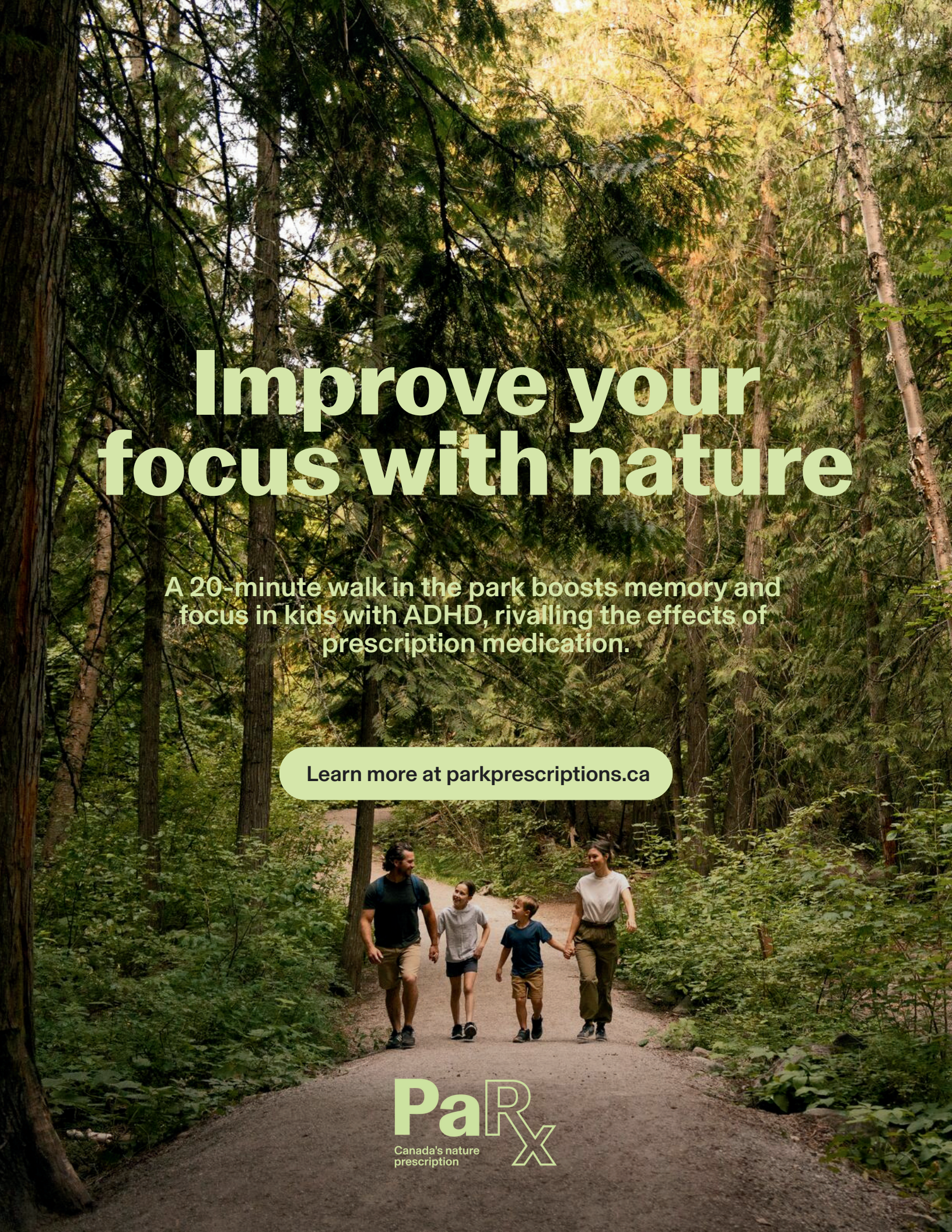

Improve your focus with nature
A 20-minute walk in the park boosts memory and focus in kids with ADHD, rivalling the effects of prescription medication.
Learn more at parkprescriptions.ca
PaRx
Canada's nature prescription