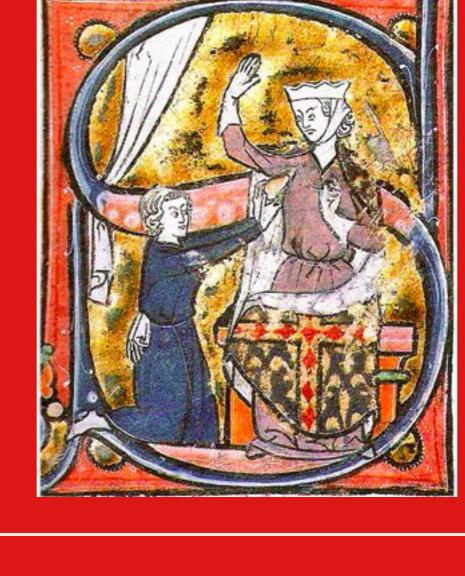
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RSS 5

## PARKS FINANCE OF THE PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program

Heart health is where we start our year. Especially relevant to the month of February with all the hearts we are seeing around this month. The first known depiction of a heart-shape as a symbol of love was in the 1250's French manuscript the Roman de la poire, in which a young man holds his vaguely pine cone-shaped heart up towards his lady love. Ancient philosophers believed the heart was the seat of the soul and the emotional center. The heart is in charge of our cardiovascular system, it keeps our body alive! It is the constant feeling we have and hear in our bodies, the pumping of our heart. So it may be of no big surprise that our heart and the earth are connected. Nature is constantly moving, as are we.



cortisol levels, muscle tension, and demands on our cardiovascular systems (lowers heart rate and blood pressure). Being out in nature often may lead to lower rates of heart disease. There are studied and proven facts on ways we can treat our hearts with love. Below is a list of studies to check out that outline the benefits of nature for our hearts.

Cardiovascular disease is the leading cause of death worldwide. Studies have

also shown that being in nature has a positive effect on our bodies by reducing

• How Nature improves your Health • For green spaces to be most beneficial to health, they need to be

- walkable. • National Library of Medicine: Associations between Nature
- **Exposure and Health: A review of the evidence.**

We are big fans of the convenience of an app for our busy lives. Sometimes we need encouragement to go outside, sometimes it needs to be something fun that doesn't feel like a chore. We have already decided with our nature resolution that we are intent on spending more time outdoors, so how do we go about that? Listed are a few apps that may encourage you to hang outside for a bit, seriously y'all 20 minutes a day 6 times a week. We can do this!

meet people in the real world who love Pokémon as much as you do! • Merlin Bird ID - An app developed by Cornell Labs to help ID bird

• Pokémon Go - If you're a fan of Pokémon, you'll love getting outside to

- species. • SkyView or any constellation viewing app. No one said our outdoor time
- couldn't be at night. • Geocaching- Join the world's largest treasure-hunting community with
- the official app for geocaching.

## **Outdoor Events** Calendar

**February Highlighted** 



**Tuesday, February 6th** 

6 PM - 8 PM Umlauf Sculpture Garden 605 Azie Morton Rd. Austin, TX, 78704 UMLAUF After Dark is the every-other-month event designed to connect

musicians and artists with the public for an all-around good time! **Every other first Tuesday of the month, 6PM-8PM.** 

Get ready to usher in the Lunar New Year with an unforgettable evening of art, culture, and celebration at UMLAUF After Dark! Our Lunar New Year Extravaganza promises a night filled with vibrant experiences that honor traditions, showcase contemporary art, and embrace the spirit of new beginnings. The UMLAUF PRESENTS:

LIVE MUSIC FROM AUDIO TELEPATHY

• Aaron has led a musical life since an early age, starting with the drums at age 4 and guitar when he was 15. At around 12 years old, he saw Ravi Shankar playing on TV and immediately fell in love with the instrument and the music, having no idea what or who it was at the time. Aaron finally began his journey with the sitar in 1997 in Houston, TX after a chance meeting in a music store. He eventually went to India to study intently with master sitarist Atmaram Sharma from Hyderabad, India, where he studied music alongside meditation and yoga for several months. In India he also was initiated on the santur by the great Shivkumar Sharma, the internationally acclaimed leading exponent of

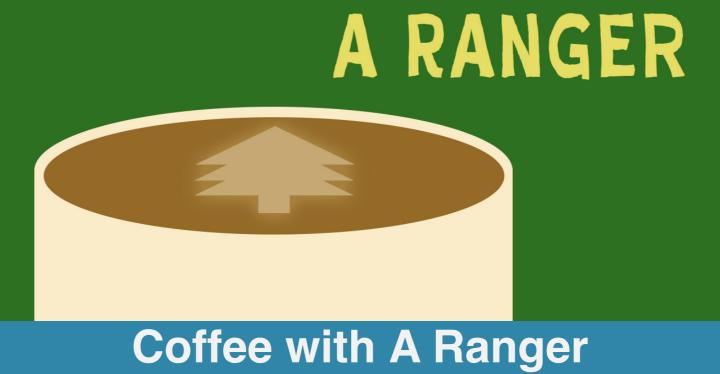
santur. The sitar and santur are both instruments used in North Indian (Hindustani) classical music. In the USA, Aaron has also had the good fortune to study with maestros Indrajit Banerjee, Zakir Hussain, Abbos Kosimov, Glen Velez, Steve Smith and others.

 ART BY LIAN SOY • OPEN BAR Tickets can be purchased at the door

ASIAN AMERICAN RESOURCE CENTER

DRAGON + LION DANCE BY TDDT

COFFEE WITH



## 9 AM - 11 AM **Zilker Caretaker's Cottage and Park Ranger Station** 2105 Andrew Zilker Rd, Austin, TX 78746

https://www.austintexas.gov/department/park-rangers

**Every Saturday** 

**FREE** 

FREE COFFEE? Yep, you read that correctly! Join for Coffee with a Ranger! It's the Rangers longest running weekly program. They have unique educational themes for the whole family each Saturday. Wildlife ID, seedball making, Leave No Trace, Guided Hikes, Salamanders, Aquifers...No CWAR is the same. Collect them all...or

you know...show up every week. You know you want to. See you there! \*occasionally they have to relocate - check the <u>Facebook page</u> for venue changes

## AMERICAN

February is...

HEART MONTH The month of January is designated as National Blood Donor Month in the United States. Due to holiday celebrations, inclement weather, and cold and flu season, the winter months are often a time of reduced donations and an

donating blood. Help ensure that this lifesaving resource is readily available to patients during this time. Find a location to give blood and schedule your life-saving donation appointment today. **Learn More** 

increased risk for blood shortages. National Blood Donor Month celebrates

blood donors during this critical time and reminds people of the importance of

Get into Nature with the Austin Parks and **Recreation Department.** 

**South Austin Senior Activity Center Tennis Golfing at Golf ATX** Softball, flag football, Basketball leagues

**Disc Golf Pickleball** 

**Lamar Senior Activity Center** 

**Conley-Guerrero Senior Activity Center** 

**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** 

**Mueller Farmer's Market Boggy Creek Farm Lady Bird Johnson Wildflower Center** gardening, yoga, etc.

**SFC Farmer's Market Downtown** 

**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** 

**Austin Public Library** Outdoor Storytime

Waterloo Greenway and Moody Ampitheatre

highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Keep a look out for our monthly newsletter

Click the logo for more information on our website.





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