

# Nature RX

## HOW NATURE HELPS IMPROVE HEALTH + COMMUNITIES

### PUBLIC HEALTH



- Affordable + accessible healthcare option focused on prevention
- Reduce cortisol levels, improve cardio health, and boost mood
- Manage + reduce symptoms of mental and physical illness
- Develop sustainable lifestyle change + improve community health

### ENVIRONMENT

- Create positive + meaningful relationships with nature
- Develop lifelong environmental stewardship
- Increase knowledge around responsible recreation
- Raise awareness around local + national environmental issues



### COMMUNITY



- Increase accessibility and inclusiveness in outdoor industry
- Easily connect with knowledgeable local guides
- Unique social opportunities
- Promote community health and environment
- Provide income directly to locals

### NATURE RX

Cairn Guides customize outdoor experiences to inspire lifestyle change because it is one of the most effective and economical ways for improving well-being of individuals, communities, and our planet. Visit our website to learn more about our NatureRx program.

