



The [ParkRx](#) platform provides a seamless connection for doctors, patients, and local preserves and open space to facilitate prescribing outside time and park prescriptions as medicine.

### About the ParkRx movement

In October 2013, the Institute at the Golden Gate and the National Recreation and Parks Association, with support from the National Park Service, convened a group of practitioners to discuss the emerging trend of prescribing nature to improve mental and physical health. This group of park agencies, healthcare providers, and community organizations were inspired by the concept and eager to support Park Prescriptions as they moved beyond initial pilot tests into the mainstream. This group developed the National ParkRx Initiative with the goal of supporting the emerging community of Park Prescription practitioners.

Since that time, the number of Park Prescription programs has increased significantly, nationwide. As the movement has evolved, so have the needs of the community and the opportunities to support it.

ParkRx.org began as the home for the National ParkRx Initiative and has grown into the leading information hub for Park Prescriptions, creating a space for knowledge sharing in the practitioner community. Led by the Institute at the Golden Gate, ParkRx.org builds on the Park Prescription movement and provides a platform to share best practices, toolkits, and case studies.

### SMCC's Park RX Program Development



Hannah Laskey is a student at UNE. She is earning a degree in public health which has enhanced her understanding of disease prevention and sparked her interest in promoting healthy living. Hannah will be working on bringing the ParkRx platform and programming to Southern Maine. She will be reaching out to local health providers and to SMCC member organizations to build this partnership. Please let us know if you and your organization would be interested in learning more about this program and to participate in the first round of programming and pilots.

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