ENJOY TIME OUTDOORS FOR BETTER MENTAL & PHYSICAL HEALTH!

JOIN VIRTUAL EVENTS

• Napa Earth Day
• City Nature Challenge
• Wildflower Scavenger Hunt
• Bike Photo Contest & Scavenger Hunt
• Napa RCD workshops
• Turn Screen Time to Green Time

BE ACTIVE!

• TAKE A WALK
• RIDE BIKES
• DANCE AND PLAY

ENJOY NATURE!

• SIT OUTSIDE
• SMELL A FLOWER
• BIRD WATCH & STARGAZE

NAPA COUNTY COVID-19 TIPS AND RESOURCES

Stay 6 ft. away from others
Avoid gathering in large groups

SHARE YOUR TIME IN NATURE!
• Check into events via our Napa ParkRx Facebook
• Use hashtags like #ParkRx and #socialdistancing

Parks Prescription is a project of Bay Area Moves and Innovative Health Solutions

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