



NEWS RELEASE

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Improve Your Health this Fall with a Nature Exploration Walk

THE WOODLANDS, TEXAS (August 16, 2017) – The Woodlands Township will launch a new series of Nature Exploration Walks this fall, offering the community opportunities to interact with nature while gleaning a variety of health benefits. The leisurely-paced walks will begin at the Recreation Center at Rob Fleming, 6464 Creekside Forest Drive, and will be led by the Township’s Environmental Services Department staff members.

The walks will feature a variety of topics at three separate times and dates:

- September 16, 2017, 9 to 11 a.m., Who Lives in the Woods?
- October 14, 2017, at 9 to 11 a.m., Wings and Things: Tree Dwellers
- November 4, 2017, 6 to 8 p.m., Wet-footed Friends: Frogs and Toads (Flashlights suggested)

In addition to exploring the beautiful forest, attendees will gain improved health by spending time with nature.

“There is a rapidly growing body of studies which show that people are healthier when they spend time in nature,” said Dr. Daniel Porter, medical director of Lone Star Family Health Center in Conroe. “Connecting with the natural world – whether it is in your backyard, out on the lake, or exploring a forest – has been shown to improve a wide range of mental and physical conditions.”



Discover the natural beauty of nature with your family and friends during these **free** events by registering online at www.thewoodlandstowship-tx.gov/Environment. Interested residents are also invited to call The Woodlands Township Environmental Services at 281-210-3800 to learn more.

For more information about The Woodlands Township, please visit www.thewoodlandstowship-tx.gov or call 281-210-3800.