



ParkRx

SENTINEL PEAK PARK TUCSON, AZ
Sunday, April 23 7:30 am to noon



When: **Sunday, April 23, 2017 - 7 am to Noon**
Celebrate the 2nd annual National Park Prescription Day with a doctor's prescription for Vitamin "N" - Nature and Parks!



FREE Health & Wellness Event

Why? Parks & trails are gateways to good health—providing fun, accessible places to relax, enjoy time with family & friends. Get your prescription onsite at "A" Mountain, & learn more places to Fill it in Tucson.

Activities for Park Rx Health & Wellness Day at "A" Mountain/Sentinel Peak Park

Directions: From I-10 and Congress – head west on Congress, ½ mile, south on Cuesta up to the top of Sentinel Peak

7 am – Buffelgrass volunteer check-in. Learn the basics of safely removing buffelgrass with experts from Saguaro National Park and Tucson Clean & Beautiful. Practice removing it for the next three hours on the steep slopes of Sentinel Peak with fellow volunteers. You will be rewarded!

8 am Join guided walks with El Rio Community health professionals to the top of Sentinel Peak 1/4 mile (1/2 mile round trip) or **Gilbert Jimenez Trail, a 1 1/4 mile trail to the lower parking lot (2.5 mile round trip)**

9:30 to 11:30 am – Meet Deanna Lewis and UA College of Public Health students at their Mobile Health and Wellness Unit to take health assessments, pick up your passport to good health, and get ready to launch your two month health challenge!



10 am Press Event – Join Tucson City Councilors Regina Romero, Karin Uhlich and all the partners to learn more about the park prescription movement across the country. Pick up your **BEYOND** Health Challenge card for places and activities to pursue good health. Those completing the challenge over the next two months qualify for prizes and discounts at local businesses.



10:30 am – Join guided walks with health professionals and NPS Ranger Cam Juarez of Saguaro National Park- to the top of sentinel peak 1/4 mile (1/2 mile round trip) or on Gilbert Jimenez Trail, a 1 1/4 mile trail to the lower parking lot (2.5 mile round trip)



Community Partners: Saguaro National Park, National Park Service Urban Agenda, BEYOND-Tucson, Dequenesh Community Health, ¡Salud! Mobile Health and Wellness Unit, City of Tucson Parks and Recreation (Sentinel Peak Park), Tucson City Councilors Regina Romero and Karin Uhlich, El Rio Community Health Center, Healthy Pima 2.0, Friends of "A" Mountain, Western National Parks Association, Tucson Clean and Beautiful.

Western
National Parks
Association

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Visit: <http://store.wnpa.org/> to get a 15% discount on any item except craft items. Available 4/23-5/31 with a promotion code of parkrx17. Your purchases support our national parks – places for health and wellness.