



National Park Rx Day – Sunday, April 24th
Washington, DC

- What** National Park Rx Day, a FREE event for the public
- When** Sunday, April 24, 2016 from 10:30 am-3 pm
- Where** Meridian Hill Park (bordered by 16th St, NW, Euclid St, NW, 15th St, NW, & W St, NW), a part of Rock Creek Park in Washington, DC
- Why** To amplify the visibility of the nation-wide Park Rx movement in parks and communities across the nation and celebrate National Park Week. Park Rx programs are community health initiatives to “prescribe” time in parks to prevent and treat chronic disease and create the next generation of park supporters.
- Attire** USPHS Commissioned Corps Officers are authorized to wear ODU. Civilians are encouraged to wear comfortable clothes.
- Schedule**
- 10:30 am – Guided Dog Walk**
- Meet at park entrance (15th St. and Euclid, NW). Dogs must be leashed and supervised at all times
- 11 am-1 pm & 1:30-3 pm – Health Activities & Volunteer Projects**
- Public health screenings (blood pressure, diabetes, HIV, etc.)
 - Yoga, Tai-chi, Zumba, guided walks, etc.
 - Music, food, water, etc.
- 1-1:30 pm – Remarks**
- Master of Ceremony - Darryl Haley, WHUR Radio Show*
- Welcome from Tara Morrison, NPS Rock Creek Park Superintendent
 - Bob Vogel, National Park Service, National Capital Region Director
 - Barbara Tulipane, National Recreation and Park Association President & CEO
 - Dr. Robert Zarr, Unity Health Care Pediatrician & National Park Service Park Rx Advisor
 - VADM Vivek Murthy, US Surgeon General
- Partners** National ParkRx Initiative, Unity Health Care, Girl Trek, YMCA of DC, Washington Parks and People, American University, One Common Unity, Outdoor Afro, Latino Outdoors, American Academy of Pediatrics DC Chapter, Junior Officer Advisory Group, National Environmental Education Foundation, Rock Creek Conservancy, Dumbarton Oaks Conservancy, Latin American Youth Center, Washington Area Bicyclist Association, DC Department of Parks and Recreation, National Association of Community Health Centers, Community of Hope, Rock Creek Conservancy, Sierra Club
- Contact** Anne O’Neill, Park Rx Coordinator, NPS at aoneill@nps.gov & www.ParkRx.org