

# Prescribing Nature



Sat, May 9, 2026 | 10am - 1pm



Burnaby's Central Park  
near Patterson SkyTrain station



**This is a prescription for...**

**A half-day of free family-friendly activities to boost health and well-being by connecting with nature!**



**Guided forest therapy tours (hourly)**



**Guided plant walk with Senaqwila Wyss**



**Eco-crafting stations using invasive species**



**Burnaby launch for PaRx social prescribing**



**Live music**



**Juggling**



**Magic tricks**



**Health care resources**

Dress for the weather, pack a picnic, and come spend the morning with us!

Hosted by Burnaby Primary Care Network, Burnaby Division of Family Practice, and Burnaby's Social Prescribing Community of Practice, in partnership with BC Parks Foundation (PaRx)



**Burnaby**  
Primary Care Network



**Burnaby**  
Division of Family Practice  
An FPSC initiative

[burnabypcn.ca/  
socialprescribing](https://burnabypcn.ca/socialprescribing)

