



GLEN EIRA
CITY COUNCIL

MEDIA RELEASE

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Make a nature pact this month

This year we've seen people find space, fresh air, comfort and connections in nature. Time in nature not only heals and enlivens us but calms and connects us.

People everywhere are realising the benefits and joy of getting their daily nature dose wherever and however they can. With restrictions gradually easing, it's important for Glen Eira residents to continue to enjoy these health and wellbeing benefits.

This November make a #NaturePact and sign up to a daily Nature Dose for a month — that's 30 minutes in nature a day, every day for 30 days. Whatever you're doing — work, rest, play or commuting — take it outside and connect in nature. Take a walk and notice your neighbours' plants; street trees; birds; the local park; or community garden. It's amazing where you'll notice nature.

You can join at any time, and if you would like to share your experience, you will have the chance to win some nature-based prizes from some of our friends. Simply tag @peopleparks on Instagram when you upload your photos.

To make your pact, visit <https://peopleandparks.org/nature-pact/>

Media enquiries: Amarita Kinnoo
03 9524 3411 or 0409 169 275

GLEN EIRA CITY COUNCIL
CORNER GLEN EIRA AND HAWTHORN ROADS, CAULFIELD, VIC
PO BOX 42, CAULFIELD SOUTH 3162
P 03 9524 3333 • F 03 9523 0339
GLENEIRA.VIC.GOV.AU

