

Why We Need

Nature in Our Life

1. The more high tech our lives become, the more we need nature.
2. Nature brings our senses alive
3. Research has found time spent in nature has a positive effect on mood and emotions.
4. Time spent outdoors in nature correlates with decreased levels of stress in the workplace.
5. Time spent in nature can have a positive effect in treating depression.

(Photo by Amy-Leah Joaquim)



Resources

Ten reasons why we need more contact with Nature.

Louv, Richard. The Guardian. 2014

<http://www.theguardian.com/commentisfree/2014/feb/13/10-reasons-why-we-need-more-contact-with-nature>

Camden County Parks Department Guide

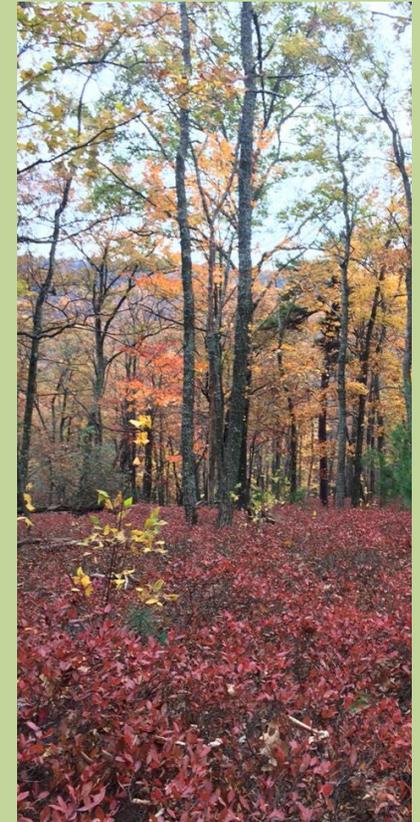
This is an online resource of all the Camden has to offer for getting outdoors into nature.

<http://www.camdencounty.com/parks>

Student Health Services
326 Penn Street 2nd floor
Camden, NJ 08102
856-225-6005

<https://healthservices.camden.rutgers.edu/>

Your Nature Prescription



(Photo by Amy-Leah Joaquim)

Getting out into Nature

Newton Lake Park

Newton Lake Park (103 acres) runs through Collingswood, Oaklyn and Haddon Township and is bounded by Cuthbert Boulevard and the White Horse Pike. Facilities include bike paths, picnic areas, fishing, and playground.

<http://www.camdencounty.com/parks/parks/newton-lake-park>

Fairmount Park

Fairmount Park (9,200 acres) is located in Philadelphia, PA. Consisting of bike paths, rolling hills, gentle trails, a relaxing waterfront and shaded woodlands.

<http://www.visitphilly.com/outdoor-activities/philadelphia/fairmount-park/#sm.00013fang4150bcryq7etrta7oqru>

(Photo by Ron Sherling)



(Photo by Jon Sherling)

Hopkins Pond

Hopkins Pond (33 acres) is located in Haddonfield, off of Grove Street, on both sides of Hopkins Lane. Park contains a Bird Sanctuary, Natural History Tree Trail which is a self-guided interpretive looped tree trail, on a wooded and hilly terrain, leads around the pond.

<http://www.camdencounty.com/parks/parks/hopkins-pond>

Cooper River Park

Cooper River Park (346 acres) runs through Pennsauken, Cherry Hill, Collingswood and Haddon Township. Some facilities include bike paths, softball fields, picnic areas, and a dog park.

<http://www.camdencounty.com/parks/parks/cooper-river>

Wiggins Waterfront Park

Wiggins Waterfront Park (51 acres) is located in Camden at Riverside Drive and MLK Boulevard. Wiggins Park and Marina is perfect year round for picnics, strolls along the waterfront, and events.

<http://www.camdencounty.com/parks/parks/wiggins-waterfront-park>

