

# PARKS PRESCRIPTION

An Austin Parks and Recreation Health Promotions Program



We end this year thinking about what the next will bring. 2024 has so many possibilities and it makes us start thinking about New Years Resolutions. We are resolving to spend more time outdoors in 2024, to give our mental health the sunshine it needs. Join us on this journey in the coming year. We will continue sending out newsletters with highlighted outdoor events to help get everyone outside.

If you haven't already checked out the 1000 hours outside challenge we would love to suggest it to you. They have fun print-outs where you can track your time outside.

<https://www.1000hoursoutside.com/trackers>

There are also Free apps that you can use on your mobile device to track your outside time, like NatureDose.

<https://www.naturequant.com/naturedose/>

Nature benefits almost every part of your mind and body. Resolve to help yourself this year by going outside more.

## December Highlighted Outdoor Events

[Calendar](#)



### Austin Trail of Lights

[https://austintailoflights.org](https://austintrailoflights.org)

Friday, December 8, 2023 - Saturday, December 23, 2023  
7 PM - 10 PM

Pre-paid parking required on ALL event nights, and sells out most nights.

This event charges an admission fee on select nights. Check the event website for details. On gate admission nights, pre-purchased entry tickets are STRONGLY suggested. **Pre-paid parking on site is required on all nights! There are no drive up parking sales!**

December 2 - Fun Run - pre-registration required

December 8-23 Open to the Public (closed on Tuesdays)

- Free gate admission on December 8, 10, 12-15, and 19th. Pre-paid parking on site on all nights. NO drive up parking.

[Reserve Tickets Here](#)



### Pease Paws Parade

[Pease Park Conservancy](#)

Saturday, December 9th  
10AM - 2PM

[1100 Kingsbury Street](#)  
[Austin, TX 78703](#)

Prep your pup in holiday attire and join Pease Park Conservancy for the Pease Paws Parade, Winter Edition! \$5 per pup

For the humans, enjoy hot cocoa, s'mores, coffee (spiked or not) by our friends at SnoRide and Brother Friend!

For the hap-hap-happy dogs, enjoy some water from bowls and delicious doggie treats! Dress 'em up for holiday photos with (or without) PAX on the bottom level of the Treehouse.

For all, parade through Pease Park for some holiday-season cheer and mingle with the other pups of Pease Park!

[Register Here to Attend](#)

## December Health Observance



### DECEMBER 1st

World AIDS Day is a global movement to unite people in the fight against HIV and AIDS.

Since 1988, communities have stood together on World AIDS Day to show strength and solidarity against HIV stigma and to remember lives lost.

Globally, an estimated 38 million people live with the virus. More than 35 million people have died of HIV or AIDS related illnesses over the past 40 years, making it one of the most destructive pandemics in history.

[Learn More](#)

### Get into Nature with the Austin Parks and Recreation Department.

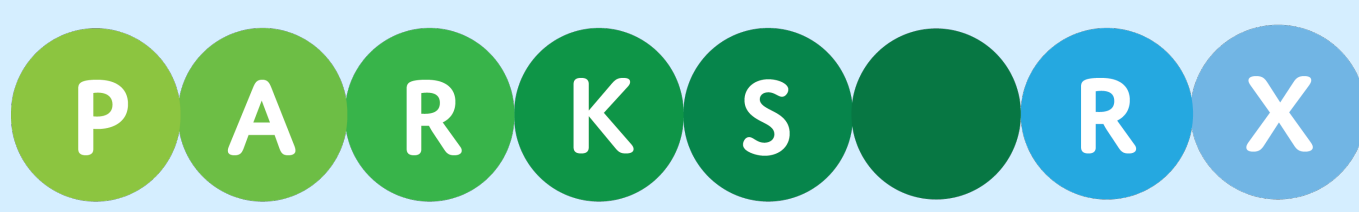
- [Lamar Senior Activity Center](#)
- [Conley-Guerrero Senior Activity Center](#)
- [South Austin Senior Activity Center](#)
- [Tennis](#)
- [Golfing at Golf ATX](#)
- [Softball, flag football, Basketball leagues](#)
- [Disc Golf](#)
- [Pickleball](#)
- [Trail Directory](#)
- [Skate Parks](#)
- [Zilker Botanical Garden](#)
- [Pools](#)
- [Playgrounds](#)
- [Picnic Sites](#)
- [Austin Nature Science Center](#)

### Other Organizations Around Austin with Upcoming Outdoor Events:

- [Texas Farmers Market at Lakeline](#)
- [SFC Farmer's Market Downtown](#)
- [Mueller Farmer's Market](#)
- [Boggy Creek Farm](#)
- [Lady Bird Johnson Wildflower Center](#)  
*gardening, yoga, etc.*
- [Nature Rocks Austin](#)  
*Find Activities in Green Spaces & Parks in Your Community*
- [Austin Parks Foundation](#)  
*Movies in the Park*
- [Texas State Parks](#)
- [Tree Folks](#)  
*Volunteer & Calendar of events*
- [Peace Park Conservancy](#)
- [Waterloo Greenway and Moody Amphitheatre](#)
- [Austin Public Library](#)  
*Outdoor Storytime*

Keep a look out for our monthly newsletter highlighting outdoor events around Austin and fun facts on how nature can benefit your health.

Click the logo for more information on our website.



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