



OUTDOOR



Go Outside...

It's good for your physical and mental health

NATURE IS MEDICINE. ASK ABOUT YOUR OUTDOOR RX TODAY.

Going outside can lower stress levels and improve sleep. To get your daily dose, pick an activity (or choose reflection), go outside, enjoy, and repeat!

Reflective time in nature is key for maximum benefits.



Find tips, maps, and more at thrivingweld.com



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