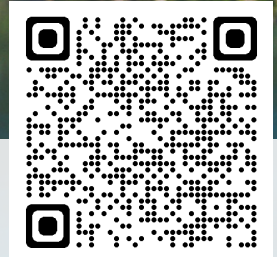




Great Outdoors Month



Enjoy the Maine outdoors this month!

Spending time outdoors...

- is a great way to get physical activity,
- has proven mental health benefits, and
- reduces stress.

Outdoor Activities

- Camping
- Boating
- Fishing
- Going to the beach
- Hiking
- Watching wildlife

Resource: www.maine.gov/cgi-bin/online/doc/parksearch/index

Developed by AmeriCorps member Sophie Boardman in the VISTA program serving with HealthReach Community Health Centers. This material is supported by a grant to the Goodwill VISTA Program from the Corporation for National and Community Service.