

Nature Near Home

December 2022

Connecting with nature helps improve our mental and physical health. Discover ways to connect with and learn about nature near home.



Enter by Dec 7th for a chance to win an eco prize pack! Give us your feedback by 5 pm Wednesday, December 7th, and you could win! Call Sue at 647-453-1404 Monday-Friday 9 am to 5 pm to answer a few questions or go to <https://bit.ly/NatureNearHomeSurvey>

For our last issue, our winter nature picks!


Get outside as much as you safely can. Dress for the weather, sit on the stoop, porch or balcony. Take short walks when it's safe and enjoy nature around you: birds, snow, the sky!



Magnify your window view with **BINOCULARS** from the Library!

Borrow a Birding Kit from the Library for binoculars and a bird guide to identify birds, and enjoy the antics of squirrels, foxes & other animals.

Up your (nature) screen time! Research indicates that even short nature scenes can boost mood, decrease anxiety, and reduce the boredom of being alone indoors. Borrow from the Library, stream or watch tv!



Easy Burlington Library access: Staff will help you select videos, books, learning kits & more over the phone for a friend to pick up: 905-639-3611. Or sign up for Acclaim Health's Friendly Visiting program that delivers materials to their customers: 905-827-8800.

Practice a safety-first approach including recommended COVID-19 safety precautions to ensure your personal safety and those around you, before choosing to participate in any activities or tips shared by BurlingtonGreen.

For more information:

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