



**Nature relaxes and heals. Being outdoors inspires us and invites us to start exploring and let stress disappear. Nature For Health (NFH), an international non-profit organisation, is convinced that nature improves our quality of life considerably. And we are not the only ones. Scientific research, personal experiences and inspiring care practices prove that contact with nature makes people healthier and happier. And yet, this “nature medicine” is still not widely used much. Our mission is to change that.**

We encourage crossovers at the interface between nature and healthcare to discover how the use of green space can actually improve health and reduce healthcare costs; from local to international levels.

We offer scientists, citizen groups, entrepreneurs, government bodies, the healthcare sector, education centres and social welfare institutions a community for exchanging knowledge and experiences. And especially for inspiring each other! We want to be a flywheel for the development of new applications; to realize “landing places” that allow ideas to flourish in practise. Therapeutic gardens for the elderly with dementia, for people with burnout or for children with autism are good examples of this.

The preventive use of nature also offers plenty of opportunities. Think of green residential areas where people are spending more time outdoors, exercise more together and meet up with others in their neighbourhood park. Or think of healthcare professionals who experience less stress in a green environment during their lunch breaks. These ideas are worth further exploring; certainly in our time of hectic communication and much less connection with our natural environment.

With the following four themes, NFH contributes to positive health, an effective healthcare and a more resilient natural environment:

- Healing and soothing environments, dedicated to people with dementia, burnout, mental or other problems
- Quality of health and nature against the background of climate change
- Healing landscapes and public green spaces
- Mobilizing the young and the grey for green and health.

NFH is an open community, a breeding ground for positive energy and social innovation. Our motto is: Naturally Healthy Together! We work from thinking to doing, and from doing to thinking. We are open to change because we want to be that change.

NFH works together with various partners, including Beter in het Groen (Better in Green); a website displaying over 1200 local initiatives of caretakers offering services in a green environment [www.beterinhetgroen.nl](http://www.beterinhetgroen.nl).

**Do you want to work with us, can we help you, or do you want to support us? Just let us know!**

