**Walk on the Wild Side: How to reap the benefits of the outdoors**

The great outdoors are great for your health! Learn why and how to spend more time in nature!

Get inspired and informed with this webinar featuring the dynamic Rodney Franklin, Texas State Parks Division Director at the Texas Parks and Wildlife Department (TPWD). Growing up in rural Northeast Texas, Director Franklin became an avid outdoorsman, joining TPWD at the age of 17. Director Franklin will share his love of the outdoors and strategies for you and your family to enjoy the amazing health benefits of being outside. Simply being in nature has a calming effect on our minds and bodies. We will also get a firsthand look at the many opportunities made available through the State Parks system. As Director Franklin says, “Life is better outside!”

[Thursday, June 11th 10:00 a.m. Registration Link](https://attendee.gotowebinar.com/register/6769838634610677003)

[Thursday, June 11th 12:00 p.m. Registration Link](https://attendee.gotowebinar.com/register/8689018588707852043)