

# June Newsletter Content

## Great Outdoors

**Nature & Your Health Webinar:** Join us June 13<sup>th</sup> from 10-11 a.m. for a new webinar featuring Jesús Aguirre, Chair of the National Recreation & Parks Board (NRPA), and former CEO for the Waterloo Greenway, to learn how spending time in nature can positively impact your health and well-being. Register through [the Nature & Your Health Registration Link](#).

**Life's Better Outside!** Check out all your State Parks have to offer! Whether you want to learn to camp, explore hike and bike trails, fish, have a picnic by a river or lake, or bird-watch you have many options through the Texas State Parks. Learn more through the [Texas State Parks Website](#).

**ERS Walk & Talk Podcast:** Get out for a walk while listening to a conversation with some wonderful state employees on the benefits of nature. We have two special episodes with State Park experts, Rodney Franklin, Director of State Parks and Tara Humphreys, Coordinator of Field Interpretation. Access wherever you receive podcasts or directly through [Director Franklin's Episode Link](#) & [Tara Humphreys Episode Link](#).