

Forest Stamp



Age

DOB

Prescription for:

# A dose of nature

Please read instructions to gain enhanced wellbeing.

Repeat prescription

Formulation: Soil + plants + trees + animals + water + sky

Quantity prescribed: Daily, regularly, as often as possible.

Name of medicine: Nature

Touch the soil.

Run your hand over the rough bark of an Oak tree and the smooth tight trunk of a Birch.

Question: Why are they so different?

Do trunks smell, which do and why?

Crunch a fallen autumn leaf in your hand and watch it fall from your grasp.

Breathe deeply.

Does Beckenham Place Park wood have a smell?

Signature of prescriber



Do not discontinue  
Do not keep out of reach of children  
Do exceed recommended dose

Created by

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Landscape Design  
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**Beckenham  
Place Park**

Supported by

