

How to join the Indiana Dunes National Lakeshore Park Prescriptions Program

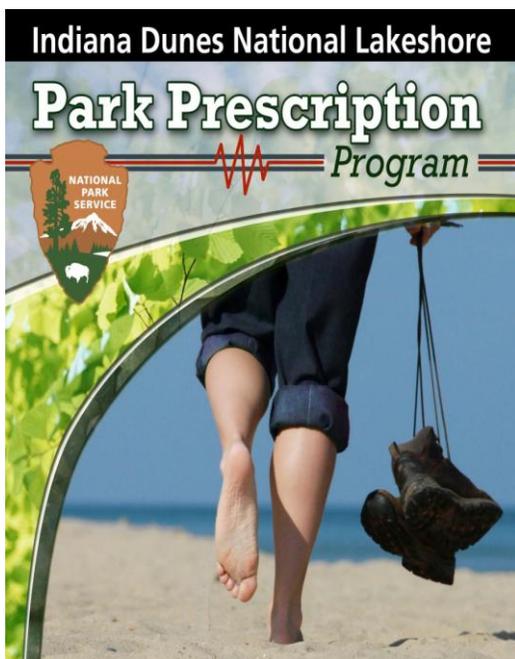
Program Guidelines:

- ✓ Must be free to participants. All trails would be in free sites so that patients would not have to pay an entrance fee.
- ✓ Trails follow the guidelines set by health care professionals, in progression from sedentary to advanced.

Grades are as follows:

- ✚ Grade I – flat, paved, suitable for wheelchairs and mobility impaired; great beginner and senior trails.
 - ✚ Grade II – paved or packed pathway that may have minor grade changes; Beginner with no mobility issues.
 - ✚ Grade III – paved, packed, grass or dirt pathway with grade changes and potential uneven walking paths.
- ✓ Start by identifying walking trails. More active pursuits can come later, after the program is established.
 - ✓ Health care providers write prescriptions for their clients based on current physical fitness.

Physicians and other health care professionals are integral to the program.



Using the National Park Service templates, it is recommended that you develop these products:

1. Co-branded brochure describing the program (your organization's name, National Park Service logo) to be distributed by health care professionals at their offices.
 2. Co-branded folder (your organization's name, National Park Service logo) for brochure and trail guides as well as health information related to each patient.
 3. Co-branded posters (your organization's name, National Park Service logo) to be placed at parks, healthcare facilities, businesses and other locations as deemed appropriate.
 4. A Park Prescriptions pad that health care professionals will use to write the prescriptions. This is not co-branded. This has the health care provider brand only.
 5. Branded trails and sites with signs describing the program. This is not co-branded. This has the park brand only.
- ❖ ***The back of the brochure should give credit to participating partners as well as those that have donated to the program.***
 - ❖ ***Partners are encouraged to seek donations for costs.***

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