



DECEMBER 2022

As the seasons begin to shift, we at Nashville Parks Foundation reflect on 2022 and all that the year contributed to our parks' mission and momentum. The world has changed dramatically over the past two years and these experiences continue to define our own city.

Nashvillians have found Metro parks as their primary outdoor destination at a time when people around the globe have reaffirmed their relationship with green space and nature. For over one hundred years, Nashville's parks have served residents with a place for wellness, recreation and community. Our 178 parks and 27 recreational centers provide a central identity for neighborhoods as an active and scenic gathering place.

The Nashville Parks Foundation was founded in 2015 as the nonprofit partner supporting the Metro Nashville park system. Our mission is to enhance public parks and expand recreational opportunities while promoting sustainable growth of the park system. Because every neighborhood deserves a great park, we collaborate with businesses, foundations and individuals to ensure that resources are accessible county-wide.

We invite you to join us in the promotion of our parks. When you visit a park, share a post and tag @nashvilleparksfoundation. Attend our annual event, Picnic for the Parks, held in late summer; and keep your eye open for volunteer opportunities throughout the year. To help our parks in the most impactful way, donate online. Your support keeps our parks open and programs available. Your gift can be targeted to existing park projects or the creation of a new project aligned with your personal philanthropy.

While Nashville is known for many things, Nashville can also be known for our parks. Thank you for supporting Nashville Parks Foundation as we continue to invest in our city's green infrastructure.

Louise Bryan
President & CEO



PICNIC FOR THE PARKS: A LOOK BACK

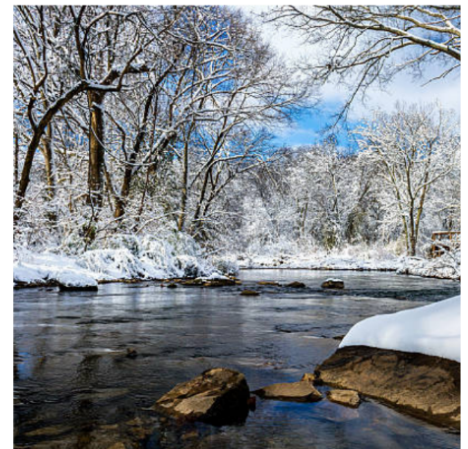


With sustainability at the forefront of our planning, Nashville Parks Foundation launched our first-ever fundraiser, Picnic for the Parks, in late September this year. Our goal to create a reasonably priced charitable event celebrating Metro parks resonated with sponsors, including Amazon, Blevins, H.G. Hill Realty Co., Lipman, Legends Bank and Lightning 100. A first of its kind in Nashville, the festivities were implemented with eco-friendly details including reusable beverage containers, compostable dinner boxes, ethically sourced table linens and decorations using repurposed materials. Guests were encouraged to leave with the vases of wildflowers from each picnic table, with the hope they donate a container for next year's event.

[CLICK TO SEE SPONSORS
& MORE PHOTOS](#)

WINTER WELLNESS IN THE PARKS

Metro Parks are open every day! Be sure to discover the joy of outdoor activity with lower temperatures and humidity. Benefits of winter exercise include fewer crowds, higher calorie burn and vibrant scenery. Time in parks also improves mental health by simply getting outside as our brains receive a significant boost from direct sunlight and fight off Seasonal Affective Disorder.





GIVING SHINRIN-YOKU A TRY

To experience a slower pace in parks, try out the concept of a “forest bath.” Immerse yourself in nature and mindfulness with no particular destination. The Japanese term, Shinrin-yoku, translates to “forest bathing,” and this stress-reduction strategy is gaining great popularity in the United States. The sights, smells and touch of nature boost both immunity and mood to help combat stress.

THANK YOU *FOR HELPING US ACHIEVE SO MUCH IN 2022*

	Cedar Hill Park Sculpture Installation		
	Elmington Park Tennis Court Restoration		City Wide Sports Teams
	Hadley Community Center Visual Arts Program		City Wide Youth Events
	Cleveland Community Center Music Studio		DisABILITIES Program Expansion
	The Park at Madison Station Design Development		Fort Negley Master Plan Design

2022 has been a year of accomplishment for our local parks thanks to the support of corporations, businesses and individuals throughout Nashville. Every dollar creates equal access to parks, nature and recreation for all Nashvillians and our visitors.

CLICK HERE TO SUPPORT PARKS

NPF IN THE MEDIA

We are grateful for the greater Nashville community's responses to our first-ever fundraising event on behalf of Nashville's parks. From *nFocus* and *Sophisticated Living* magazines to *Style BluePrint* online and more, our story was covered by many writers and media outlets. Be sure to check out our 2022 press for *Picnics For The Parks* and more!



[CLICK HERE TO
READ NPF PRESS](#)



**WANT TO FOLLOW OUR WORK INTO 2023?
CONNECT THROUGH OUR SOCIAL MEDIA OUTLETS
WITH THE BUTTONS BELOW.**