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**Pediatrician Robert Zarr Believes Outdoor Activity
can Save Your Life and Build a Better World**
Join Zarr for a community forum at CHC on Friday, May 27

MIDDLETOWN, Conn., May 26, 2016: Physician Robert Zarr, who prescribes playing outdoors to improve children’s health and the health of the planet, will discuss his “Rx for Outdoor Activity” at Community Health Center, Inc. (CHC) and lead a walk in Meriden Green, the state’s newest park, on Friday, May 27.

Zarr, a Washington, D.C., pediatrician with Unity Health Care, has been featured in the *Washington Post* and on National Public Radio for prescribing outdoor play and exercise to improve the health of his young patients. He believes time outdoors is an antidote for the hours spent in front of a television or video screen and for a diet with too much pizza and soda.

Working closely with the National Park Service and volunteers, Zarr has been instrumental in mapping out green space in Washington, D.C., so he can recommend a park that is safe and clean and matches the interests of the child and family. He is working with the National Park Service to share his Park RX with healthcare providers around the country so they encourage their patients to use parks to reap the benefits of nature’s healing properties. On April 24, National Park Service Director Jonathan B. Jarvis said, “It is becoming a standard medical practice to tell patients to take a hike,” as he celebrated the first National Park Rx Day in Seattle.

“Outdoor activity is an excellent way for individuals to improve their health, which is an essential part of CHC’s mission,” says Mark Masselli, president and CEO of CHC. “We are delighted to share Dr. Zarr’s message with our providers and our staff and our patients as a fundamental way to build healthier communities.”

Zarr will share his philosophy during a community forum from 10:30 to 11:30 a.m. on Friday, May 27 in the Community Room at CHC, 675 Main Street, Middletown, and at 1:30 p.m. during a tour of Meriden Green in Meriden. Those interested in walking through the park with Dr. Zarr should meet at the corner of Mills and Pratt Streets in Meriden at 1:30 p.m.

All are welcome and encouraged to attend the events.

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About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary healthcare system committed to caring for uninsured and underserved populations. CHC is focused on improving health outcomes for its more than 130,000 patients as well as building healthy communities. Recognized

as both a Level 3 Patient-Centered Medical Home by the National Committee for Quality Assurance and a Primary Care Medical Home by The Joint Commission, CHC delivers service in more than 200 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit www.chc1.com.