

WHY NATURE EXPOSURE IS VITAL FOR SENIORS



Boosts Physical Health: Regular outdoor activity can help reduce chronic pain, improve sleep quality, and even boost immunity.

Enhances Cognitive Health: Just by viewing greenery or a natural landscape (ocean, forest, even gardens) you can improve memory and attention span.

Improves Mental Wellbeing: Spending time in nature lowers cortisol levels (stress hormone), reduces anxiety, and symptoms of depression.


Reduces Loneliness: Socializing in green spaces improves emotional well-being and provides a sense of purpose with others and the natural species of the environment.

Get in Touch

We would be delighted to help you begin your wellness journey. Our family clinic is here for you through every step of the way. Our After-Hours services are especially helpful for those moments when you need care and everywhere else is closed.

Weekdays: 5:00 PM - 9:00 PM

Weekends and Holidays:
10:00 AM - 4:00 PM

 562-902-3000

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**IMPERIAL PRIMARY CARE
MEDICAL GROUP
& AFTER HOURS CLINIC**

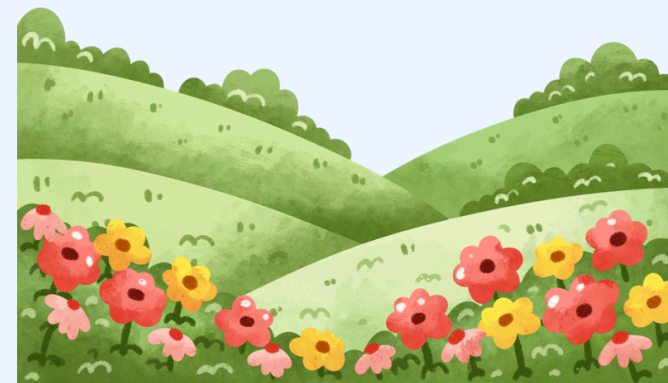
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This material has been reviewed by Imperial Primary Care Provider, 2026



Benefits of Nature Exposure



In the age of technology and constant media exposure, spending time in nature has been researched and proven to improve not only mental health but also to aid in the regulation of blood pressure, heart rate, and in improving memory and brain function.

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GREEN CHECKLIST



Here is a list of local La Mirada places to visit that have natural scenery and are easily accessible! Use this as a checklist!

La Mirada Community Regional Park

Has over 70 acres of park and has paved concrete paths that are perfect for strolls. This location also has plenty of benches and seating along the walkway.

Neff Historical Park

Mixing both historical landscape and nature, this location is perfect for a day outing and has paved walkways that are surrounded by trees.

La Mirada Creek Park

This park is very well maintained, has plenty of shade, and the walkway is guided by a gentle stream. This is perfect for a walk while listening to the calming water.

Easy Ways to Experience Nature



Taking a Walk

Whether that be around the neighborhood or a nice park, taking short and regular walks can expose one to enough nature to have lasting effects!

Gardening

The beauty of gardening is that it can be enjoyed in so many different ways. Whether you are outside getting your hands in the dirt or simply sitting down to plant a small succulent, anyone can do it! Every method has its own rewards. Bringing more greenery into your home or your neighborhood provides lasting benefits for both your environment and your well-being.

Sensory activities

Whether you are heading outdoors, listening from a porch, or observing from a window, engaging with nature is a wonderful way to find peace. Activities like birdwatching, listening to birdsong, or watching water—whether it's a flowing stream or ocean waves—are perfect options for everyone, including those with accessibility needs.

Being Safe Outdoors!

- ✓ Make sure that walking paths are accessible and are appropriate for your activity levels. Some apps like AllTrails rate the level of the walk/hike on a scale.
- ✓ Wear sunscreen or other clothing protection such as sunhats or breathable long-sleeve shirts.
- ✓ Check the weather before going out! Make sure it is not too hot, so you can avoid heat exhaustion.
- ✓ It is always best to go on walks with others. Talk to friends, family, or even neighbors and start a walking group!

