



A Case for Outdoor Healing Spaces

Since the beginning of time, people have found inherent comfort in water, open views and lush green landscapes. Time spent in nature can calm the mind, reduce stress and encourage one's own healing capabilities by interrupting stress pathways in the brain and by providing a positive distraction. In fact, a recent study found taking a walk through green space decreased tension, fatigue and levels of depression and anxiety.

The healing power of nature is especially impactful when utilized in a medical setting. Patients walking through an outdoor space receive both physical and psychological benefits as it improves cardiovascular fitness and reduces stress and depression. There are also many benefits to enjoying the landscape passively. Simply looking out at green spaces or gardens can promote the same health benefits as being outdoors, and green views have been shown to decrease anxiety and the need for painkillers, shorten hospital stays, and lead to more positive evaluations. We are creating a space where all hospital patients, guests and staff can experience these healing benefits, and we hope you'll join us!

*Buffalo Hospital Foundation's
mission is to be a catalyst
for innovative services and facilities
to improve community health.*



303 Catlin St
Buffalo, MN 55313
763-684-6800

allinahealth.com/buffalohospitalfoundation

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**Nature's Healing
Spaces
2019
Buffalo Hospital
Foundation**



Buffalo Hospital Foundation is excited to offer you a special opportunity to make a lasting impression. Personalized bricks are a great way to recognize care givers, friends and family or to memorialize a loved one. They also make unique gifts to celebrate special occasions such as births, anniversaries or retirement. As a lasting symbol of your tribute, the engraved bricks will be set in the pergola/patio destination and along the Rehabilitation Walkway between the Medical/Surgical wings at Buffalo Hospital. This area will be frequented by inpatient rehabilitation patients, visitors and employees. The personalized pavers will become a permanent piece of Buffalo Hospital.

You can support Buffalo Hospital Foundation's campaign to bring a healing environment outside hospital walls with a one-time donation that will last a lifetime. Laser engraved bricks are available in 9"x 9" squares.

Engraving Information

- Up to 5 lines of text per 9" x 9" paver
- Up to 16 characters per line (including spaces and punctuation)

9" x 9" Commemorative Paver – \$250 each

Mail completed form and payment to:

Buffalo Hospital Foundation
303 Catlin St.
Buffalo, MN 55313

- One brick per form
- Photocopy form for multiple orders
- Other naming opportunities are available

Installation will be completed in phases once enough pavers for each phase are filled.

Phase 1: Around the perimeter of the Pergola/Patio Destination

Phase 2: Along the Rehab Walkway

Phase 3: Along the Medical/Surgical Wing Walkway

For more information: 763-684-6800

Please print

1st line (16)

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2nd line (16)

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3rd line (16)

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4th line (16)

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5th line (16)

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Purchasers Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Total # of pavers: _____ x \$250 each

Enclosed Total: \$ _____

Checks made payable to: Buffalo Hospital Foundation

☐ Visa ☐ MC ☐ AMEX ☐ Discover

Card # _____

Exp Date _____ CVC Code _____

Name on Card _____

Signature _____

Date _____

