

INSTAGRAM [@NATURENURTUREHEALTH](https://www.instagram.com/naturenurturehealth) | WEBSITE: [NATURENURTUREHEALTH.COM](https://www.naturenurturehealth.com)



## First and foremost...

Welcome to the Nature Nurture Health Newsletter!

This newsletter is designed to bring you a summary of our happenings at Nature Nurture Health.

As founder and content creator of this site, my mission is to explore health from a biopsychosocial-environmental perspective. I believe that health is complex, including body, mind, spirituality, circumstance, community, and environment. I hope to bring awareness to these holistic health concepts. I will also share healthy recipes that are both delicious and nutritious, explore how to live more sustainably for people and planet, and bring you evidence-based integrative medicine content.

Click on the links above to learn more and read-on to explore!

Haley Brennan,  
Founder of NNH



## Come Visit the Redesigned Nature Nurture Health Website!

Nature Nurture Health has been totally updated. You can now find links to the main content on the Home page. The main menu is now simplified to include the following pages: Home, About, Weekly Updates, Resources, and Contact Us.

On the Home page, you can see all of Nature Nurture Health's main content. Near the top are news announcements on events you can join. For example, this past week Nature Nurture Health hosted nature meditations on Instagram Live [@NatureNurtureHealth](https://www.instagram.com/naturenurturehealth). Below this, there are links to the Recipes page to learn how to cook healthier meals. There is also a link to the main website content on the Holistic Health Research page, where medical lectures, research articles, and more are reviewed! You can now also see the most current newsletter on the Home page and learn what has been updated over the prior week.

You can learn a bit more about Nature Nurture Health on the About page. You can also get to know Haley Brennan, the founder of Nature Nurture Health, and her background here.

The Weekly Updates page contains the most recent newsletter, as well as links to our archive of weekly newsletters.

On the Resources page, you can find links to a range of holistic health organizations, educational material, and continuing education. I invite you to explore and hope to review many of these resources in more detail over the course of the 2022 to 2023 year.

The Contact Us page contains multiple methods that you can connect to learn more about Nature Nurture Health. Feel free to use the contact form, or email [NatureNurtureHealthConnect@gmail.com](mailto:NatureNurtureHealthConnect@gmail.com).

Finally, on every page you can now scroll to the bottom to stay in touch. Follow us on Instagram [@NatureNurtureHealth](https://www.instagram.com/naturenurturehealth), subscribe to our weekly newsletter to receive our newest content straight to your email inbox, and support Nature Nurture Health by donating via the [Buy Me a Coffee link](#).

Thank you and I hope you enjoy exploring our holistic health content on Nature Nurture Health!

VISIT OUR WEBSITE FOR FULL ARTICLES AND TO LEARN MORE!

[WWW.NATURENURTUREHEALTH.COM](https://www.naturenurturehealth.com)