


**"WILDERNESS IS  
NOT A LUXURY,  
BUT A NECESSITY  
OF THE HUMAN  
SPIRIT."**

-Edward Abbey

**medrio**







Medrio wants to  
help you restore  
work-life balance  
by getting you  
back to the  
great outdoors!

# YOU KNOW THAT NATURE IS GOOD FOR YOU, BUT DO YOU KNOW THE EFFECT IT HAS ON YOUR PRODUCTIVITY?

- 40-second micro breaks in nature help restore attention
- Plants in work settings increase productivity by 15%
- Time outside improves cognitive function while lowering stress and blood pressure

Learn more:

 @medrio  @medrio  @MEDRIOeClinical  [www.medrio.com](http://www.medrio.com)

Our great outdoors package was designed to help you reconnect, rest, and restore in nature. Whether you want to hit the hiking trails, or host a backyard campout, we've got you covered.

Come back feeling rejuvenated and ready to sprint your studies.

Take our quick survey and receive an annual National Park Pass from Medrio.

