

THE ONE HEALTH US MODEL

When nature, food, and people come together, health improves. One Health Us brings this model to life in communities, strengthening the systems that shape our lifestyles, because **health is how we live.**



Local Food

Fresh, locally grown food strengthens nutrition, supports farmers, and supplies the lifestyle medicine nature clinic with medically tailored groceries



Nature Restoration

Restoring soil, water, and ecosystems that support nutritious food growth, cleaner air, and protects access to greenspace



Lifestyle Medicine Nature Clinic

Restorative and preventative care that treats root causes through nutrition, movement, and time outdoors, encouraging better health through healthier lifestyles



Walking & Hiking Trails

Making movement easy and accessible for everyone while encouraging daily physical activity to reduce stress and reconnect to nature



Scan or visit
OneHealthUs.org
to learn more

