



PATCH OF HEAVEN SANCTUARY

In a time when quiet quitting, climate anxiety, and post-covid stress disorder has become the daily reality for many Americans, Patch of Heaven Sanctuary, a 20-acre nature preserve in Miami, has just the thing to help reduce stress while supporting the positive effects reforestation has on absorbing the greenhouse gases fueling global warming. That thing is called the Nature Pill, a term coined by researchers at the University of Michigan School of Environment and Sustainability.

Taking the Nature Pill simply means spending 20 minutes in nature to lower stress hormones, improve immune function and reach a better state of well-being. According to the American Psychological Association, “exposure to nature has been linked to a host of benefits, including improved attention, lower stress, better mood, reduced risk of psychiatric disorders and even upticks in empathy and cooperation.”

Suzanne Jewell, Chief Experience Officer for Patch of Heaven Sanctuary, approached WEONEMIAMI through Leadership Miami to aid in developing the first of its kind, 7,500 square feet, 20-minute nature immersion experience at the entrance of the Sanctuary, to be known as the Mindful Pocket Park.

In addition to providing a workforce for construction of the Park, a communications strategy to raise awareness for this important cause, and a community outreach effort to bring more people to the Patch, WEONEMIAMI is also raising \$50,000 for the construction of the Mindful Pocket Park and its accompanying Nature Pill App while also supporting Patch of Heaven’s mission to preserve the forest and local wildlife and increase availability of green space for the mental health and wellbeing of Miami residents.

HOW YOU CAN HELP



- [Make a donation](#)
- [Book a corporate team building retreat](#)
- [Secure a title sponsorship for the Mindful Pocket Park](#)
- [Sponsor a dinner](#)
- [Take a seat](#)
- [Enter a raffle](#)
- [Attend an event](#)
- [Follow us on social media](#)
- [Share our efforts with your colleague and friends](#)

HOW YOU CAN HELP TODAY

MAKE A DONATION



TAKE A SEAT



STAY INFORMED AND FOLLOW US ON SOCIAL MEDIA



ENTER A RAFFLE



WEONEMIAMI

Many Visions. 1 Miami.

We are a diverse group of nonprofit, government and private leaders who have come together to make Miami an even greater place to live, working together under the Greater Miami Chamber of Commerce's Leadership Miami 2022 program.

We are Team One of Class 44.

We come from various backgrounds, with unique experiences and ideas of what Miami is and can become. We've come together to combine our many visions for the greater good of one Miami.

WWW.WEONEMIAMI.COM

LeadershipMIAMI 
Powered by the Greater Miami Chamber of Commerce