



Get Outdoors Florida! is a coalition promoting outdoor experiences to help Floridians have healthier lifestyles and develop an appreciation for our abundant natural resources.

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Get Outdoors and Cure What Ails You

By Laura Cassel

The Tallahassee Museum has been curing “nature-deficit disorder” long before the condition got its name.

For the past 52 years, the Museum has been connecting people of all ages with nature, making it a wise elder in the sprouting get-outdoors movement sparked in part by

Richard Louv’s book “Last Child in the Woods.” Louv calls for widespread action to reconnect people, especially children, with nature, for the good of both.



“There are so many benefits to getting outdoors that it’s hard to name them all,” said Jennifer Golden, education director at the Tallahassee Museum and a founding board member of the “Get Outdoors Florida!” campaign. To name a few, benefits include getting outdoors nature can inspire, enlighten, foster inner peace, increase knowledge and understanding, provide opportunities for recreation and exercise, and, most importantly, forge deep connections to the large, fascinating, almost timeless realm of nature. People who engage with nature tend to bond with it and strive to protect it.

For summertime outdoor enjoyment, Golden and museum staffers have launched another season of nature camps for kids, and the Museum is offering a specially priced “Summer Pass” to make multiple visits to the Museum more affordable for families looking to save money.

Read more about the Tallahassee Museum’s summer programs and the Get Outdoors Florida! series of articles in Thursday’s Living & Outdoors section, or check back here at Tallahassee.com.

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