



COBBS CREEK OUTDOORS & MORE



Meet Clean Air Council's new Trail Outreach Coordinators!

Marley is a community organizer and environmental educator who has a passion for connecting people to the natural world around them. She has been working with children, with communities on environmental justice campaigns, and in gardens around Philly for the past 6.5 years.

Marley is excited to collaborate with community members to create more programming in and around Cobbs Creek Park and Trail!



She believes that everyone deserves safe and accessible ways to get outside and into nature. This will look different for people, so green spaces that respect and reflect our differences are crucial. Some of her favorite ways to get outside are to go on nature walks, go birding or garden! Above is a pic of Marley with her twin sister holding twin baby goats.

Mani comes to Clean Air Council with a background in community based work, environmental education, and urban farming. They have a love of the outdoors and natural ecologies and one of their favorite things to do is go on long walks through forested areas and see what plants and animals they encounter. Mani operates from a land justice framework, meaning that in his work he seeks to center the racial, socio-economic, and ecological histories that lead to dispossession and unequal access to land.

Mani is excited about opportunities for people to connect with land and learn more about their natural environments, and believes that equitable access to green spaces and sustainable forms of transit should be a priority for all urban areas.

In his work with the Council, Mani looks forward to collaborating with neighbors to develop trails reflective of the unique needs and desires of each neighborhood.





Benefits of Green Space



Mental & Emotional Health

Just hearing birdsong or seeing trees can reduce depression risk by 20% and loneliness by 28%

Long-term greenspace access leads to better mental wellbeing



Mindfulness & Relaxation

Outdoor settings naturally encourage slower breathing, grounded attention, and presence in the moment



Physical Health

Time in nature reduces:

- Blood Pressure
- Cortisol (stress hormone)
- Heart Rate

And is linked to lower rates of:

- Diabetes
- Cardiovascular disease



Benefits of Green Space



Vitamin D Boost

When your skin is exposed to sunlight, it produces vitamin D which helps:

- Strengthen your immune system
- Regulate mood
- Support bone health



Cognitive Development

Kids in greener areas have longer telomeres which is a sign of healthy brain development

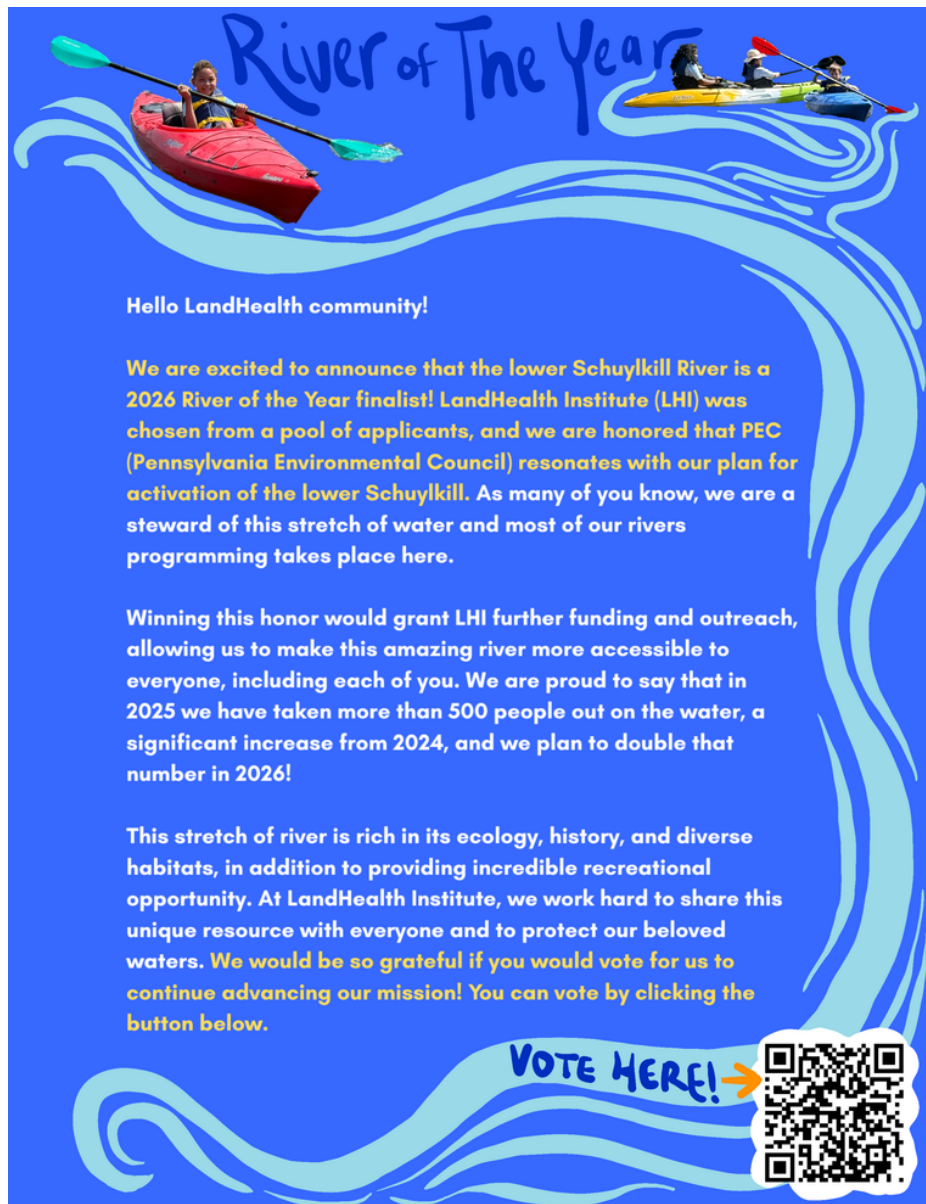
Nature exposure boosts focus and speeds up stress recovery



Social Connection

Parks encourage social connection and reduce isolation

Public greenspace encourages intergenerational bonding



River of The Year

Hello LandHealth community!

We are excited to announce that the lower Schuylkill River is a 2026 River of the Year finalist! LandHealth Institute (LHI) was chosen from a pool of applicants, and we are honored that PEC (Pennsylvania Environmental Council) resonates with our plan for activation of the lower Schuylkill. As many of you know, we are a steward of this stretch of water and most of our rivers programming takes place here.

Winning this honor would grant LHI further funding and outreach, allowing us to make this amazing river more accessible to everyone, including each of you. We are proud to say that in 2025 we have taken more than 500 people out on the water, a significant increase from 2024, and we plan to double that number in 2026!

This stretch of river is rich in its ecology, history, and diverse habitats, in addition to providing incredible recreational opportunity. At LandHealth Institute, we work hard to share this unique resource with everyone and to protect our beloved waters. We would be so grateful if you would vote for us to continue advancing our mission! You can vote by clicking the button below.

VOTE HERE! 



Keep updated on Cobbs Creek events by following the Cobbs Creek Watershed Coalition on Facebook and Instagram



UPCOMING EVENTS

New Little Nature Playground Installations

Clean Air Council, community partners, and collaborators are leading a project to create joyful welcome areas to Cobbs Creek Park. This project will enhance park and trail entrances with murals on the paved trail and play and learning stations for children and families to enjoy. Community members are invited to participate in determining the project's design.

Community Design Workshops

- **January 27th** 4-6:30pm at Cobbs Creek Community Environmental Center
- **February 24th** 4-6pm at Paschalville Library
- **March 10th** 5-7pm at Cobbs Creek Library
- **April 25th** 10-2pm **Celebrate Trails Day** at Whitby Ave & Cobbs Parkway

all ages welcome

food and refreshments provided



REACH OUT TO WILL
TO LEARN MORE!
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TAKE THE SURVEY!

WINTER FUN FOR KIDS!

