



naturefix

Fix your mood.
Fix your energy.
Fix your focus.



For audio led instructions and other solo routines scan this QR code to download the FREE app



Supported by the
NSW Government and Northern
Sydney Local Health District



We invite you to pause, relax and dwell

NatureFix is designed to supercharge the wellbeing benefits of the natural places around Royal North Shore Hospital, enticing you to linger longer and engage with nature in ways proven to refresh and restore.

How it works

Scan the QR code to download the NatureFix app for FREE, visit our NatureFix Wellness Trail and start your uniquely personal nature experience.



NatureFix Wellness Zone locations

Five stations located throughout the Royal North Shore hospital campus



- KEY**
- Emergency
 - Bus
 - Taxi
 - Train
 - Lift to train
 - Carpark - main
 - Carpark - disabled
 - Carpark - meter
 - Pedestrian entry
 - Free Wi-Fi
 - Path to COVID testing clinic