



We invite you to pause, relax and dwell

NatureFix is designed to supercharge the wellbeing benefits of natural places around Hornsby Ku-ring-gai Hospital, enticing you to linger longer and engage with nature in ways proven to refresh and restore.

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



How it works

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



NatureFix Wellness Zone location

The garden area between Building 60 and Building 61

Supported by the NSW Government and Northern Sydney Local Health District

