

ALAMANCE COUNTY BOARD OF COMMISSIONERS

Proclamation

RECOGNIZING JULY AS PARK AND RECREATION MONTH

WHEREAS, parks and recreation is an integral part of communities throughout this country, including Alamance County and

WHEREAS, parks and recreation promotes time spent in nature, which positively impacts mental health by increasing cognitive performance and well-being, and alleviating illnesses such as depression, attention deficit disorders, and Alzheimers; and

WHEREAS, parks and recreation encourages physical activities by providing space for popular sports, hiking trails, swimming pools and many other activities designed to promote active lifestyles; and

WHEREAS, parks and recreation is a leading provider of healthy meals, nutrition services and education; and

WHEREAS, parks and recreation programming and education activities, such as out-of-school time programming, youth sports and environmental education, are critical to childhood development; and

WHEREAS, parks and recreation increase a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

WHEREAS, parks and recreation is fundamental to the environmental well-being of our community; and

WHEREAS, our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

WHEREAS, the U.S. House of Representatives has designated July as Parks and Recreation Month; and

WHEREAS, Alamance County recognizes the benefits derived from parks and recreation resources.

NOW, THEREFORE BE IT PROCLAIMED by the **Alamance County Board of Commissioners** that **July 2024**, will be recognized as "Park and Recreation Month" in Alamance County.

Dated this 15th day of July 2024

Alamance County Board of Commissioners

John Paisley, Jr., Chairman

Attest: _____
Tory Frink, Clerk to the Board