

PROCLAMATION

WHEREAS, parks and recreation is an integral part of communities throughout this country, including the City of Olympia; and

WHEREAS, parks and recreation promotes health and wellness, improving the physical and mental health of people who live near parks; 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 Alzheimer's disease; and

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

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

WHEREAS, parks and recreation is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change; 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

NOW THEREFORE, BE IT RESOLVED, that the Olympia City Council does hereby proclaim July as

PARKS AND RECREATION MONTH

in the City of Olympia and encourage the community to experience the benefits derived from the broad range of Olympia's parks and recreation resources.

SIGNED IN THE CITY OF OLYMPIA, WASHINGTON THIS 20th DAY OF JUNE, 2023.

COUNCIL

OLYMPIA CITY

***Cheryl Selby
Mayor***