

Office of the Mayor



# Proclamation

**PARKS & RECREATION MONTH**

**July 2023**

- WHEREAS,** parks and recreation is an integral part of communities throughout this country, including the Township of Monroe; 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 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,** 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 increases 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,** 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 the Township of Monroe recognizes the benefits derived from parks and recreation resources.

**NOW, THEREFORE, I, STEPHEN DALINA,** Mayor of the Township of Monroe, County of Middlesex, New Jersey do hereby proclaim **July 2023**, to be designated as **Parks & Recreation Month** in the Township of Monroe.

**Dated: June 26, 2023**

  
**STEPHEN DALINA, MAYOR**