



Designation of July as Park and Recreation Month

WHEREAS parks and recreation are an integral part of communities throughout this country, including Abingdon; and

WHEREAS parks and recreation promote health and wellness, improving the physical and mental health of people; and

WHEREAS parks and recreation promote time spent in nature, which positively impacts mental health by promoting cognitive performance and well-being, and benefiting Veterans experiencing post-traumatic stress disorder systems, depression, and better sleep quality; and

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

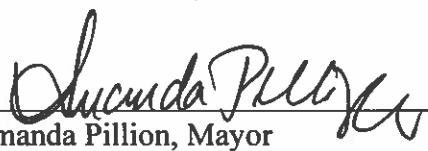
WHEREAS parks and recreation are fundamental to the environmental well-being of our community; and

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 Abingdon residents recognize the benefits derived from parks and recreation resources.

NOW THEREFORE, BE IT RESOLVED BY Mayor Amanda Pillion that July is recognized as Park and Recreation Month in the Town of Abingdon.

TOWN OF ABINGDON, VIRGINIA

By: 
Amanda Pillion, Mayor