



# Strathcona County

## Recreation and Parks Month

In Alberta, we are fortunate to have trail systems, parks and green spaces that allow residents and visitors to use for recreational opportunities that are beneficial to physical, emotional and mental health.

In Strathcona County, we encourage residents to lead an active lifestyle year-round, to enjoy outdoor recreation experiences and provide physical, mental and social benefits to doing so.

Strathcona County works with various community groups and agencies to provide quality services and programs that benefit residents to help lead a healthy lifestyle, create community pride and togetherness and reduce health care costs.

Recreation enhances quality of life, develops skills and positive self-image in children and youth, builds social sustainability, economic growth and environmental awareness by allowing people to connect to nature through recreation.

The parks system in Strathcona County helps to increase and bring awareness to environmental sustainability, provide vital spaces for nature to be protected and appreciated and to help plant and wildlife thrive.

The Parks, spaces and outdoor offerings in Strathcona County provide safe opportunity for youth, adults and seniors all while providing and supporting a natural environment for nature to prosper. With the declaration of the Provincial Recreation and Parks Benefits Charter by the Alberta Recreation and Parks Association (ARPA), along with the official endorsement of the provincial government,

**THEREFORE**, I, Mayor Rod Frank, do hereby proclaim the month of June, 2019 as "Recreation and Parks Month" in Strathcona County.

Dated this 1 day of June, 2019.

Signed by  
Rod Frank, Mayor