



For Immediate Release

Ontario Communities Celebrate Recreation and Parks Month

May 17, 2018 Ontario – This June, communities across Ontario are celebrating **June is Recreation and Parks Month (JRPM)**. JRPM is recognized by municipalities, community organizations, and schools as a way of promoting the benefits of being active and recognizing the contribution recreation and parks make to quality of life. This year, the theme for JRPM is Play ON, emphasizing the importance of fun and play through recreation and parks for healthy people and communities.

Access to park and recreation is a fundamental human need that helps foster personal health, strong communities, and social inclusion. JRPM celebrates Ontario's spectacular parks and recreation services and raises awareness for the role they play as a pathway to individual, community, and environmental well-being.

"Recreation and Parks Month encourages everyone to participate and to experience the many wonderful parks and recreation programs in Ontario," said Parks and Recreation Ontario CEO Cathy Denyer. "There is no better way to seize the day than by getting involved and active in your community and enjoying the health benefits that our beautiful parks and recreation services provide."

Anyone can participate in Recreation and Parks Month, from older adult groups to communities coming together for a festival or event. To celebrate JRPM, join the conversation on social media using [#recandparksmonth](https://twitter.com/recandparksmonth), have your municipal council proclaim June as Recreation and Parks Month, or promote JRPM in your communications. To learn more, please visit <http://recandparksmonth.ca>. For daily updates follow Parks and Recreation Month on Twitter [@PROntario](https://twitter.com/PROntario) and on Facebook [@RecreationAndParksMonth](https://facebook.com/RecreationAndParksMonth).

During Recreation and Parks Month, there are a number of celebrations that support opportunities for active recreation. June 21 is National Aboriginal Day, which honours the Indigenous peoples of Turtle Island and there are celebrations happening across the province. This June also marks the 34th annual Seniors Month. The theme for this, "Now's the time to start something new," highlights how aging does not prevent anyone from leading fulfilling lives.

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About JRPM:

June is Recreation and Parks Month is a program of Parks and Recreation Ontario (PRO). PRO is a non-profit association of leaders in recreation and parks that advances the health, social and environmental benefits of quality recreation and parks. For more information on PRO, please visit www.prontario.org

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