



"The Peak of Good Living"

TOWN OF APEX
NORTH CAROLINA

Proclamation

Parks and Recreation Month 2024

from the Office of the Mayor

WHEREAS, The Town of Apex Parks, Recreation, and Cultural Resources Department is a vital component of our community, and its Parks and Recreation programs serve as a means for residents to enjoy nature, participate in healthy activities, and socialize with one another; and,

WHEREAS, Spending time in green spaces and being physically active has been shown to improve mental health, reduce the risk of long-term health problems, and promote human development; and,

WHEREAS, Parks and Natural Recreation Areas provide many environmental benefits, such as improved water quality, stormwater management, improved air quality, vegetative buffers to development, and natural habitat for wildlife; and,

WHEREAS, Apex's recreation services include athletics for youth and adults, open gym, trails for walking, jogging, and biking, specialized recreation opportunities for residents with disabilities, and fishing in several of our town ponds; and,

WHEREAS, Apex's public parks include Apex Community Park, Apex Jaycee Park, Hunter Street Park, Kelly Road Park, Apex Nature Park, Salem Pond Park, and our newest addition, Pleasant Park.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the Month of July 2024, as "Parks and Recreation Month" in the Town of Apex, and invite all residents to take advantage of the many opportunities the town offers to get active and enjoy the beautiful nature all around us in Apex.

I hereby set my hand and have caused the Seal of the Town of Apex, North Carolina, to be affixed this the 25th day of June 2024

Jacques Gilbert, Mayor