



"The Peak of Good Living"

TOWN OF APEX NORTH CAROLINA

Proclamation

Parks and Recreation Month 2025

from the Office of the Mayor

WHEREAS, Spending time outdoors and being physically active are two of the best ways to enhance quality of life, through increased physical health and improved mental health as a result of reduced stress and anxiety; and,

WHEREAS, The Town of Apex is host to numerous ways to take advantage of these benefits, with 12 parks, 616 acres of parkland, 30 miles of outdoor trails, and 3 indoor recreational facilities for residents to enjoy; and,

WHEREAS, This year, the Town's Parks, Recreation, and Cultural Resources Department was proud to launch its "Play It Forward" Scholarship Program, which offers a resource that ensures all residents are able to take part in the Town's wide array of recreational opportunities, regardless of financial circumstances; and,

WHEREAS, Apex is also pleased to continue offering recreational opportunities to individuals of all ability levels, with specially designed program offerings in art, fitness, sports, performing arts, social gathering, and special events for residents with disabilities; and,

WHEREAS, Whether you are looking to give a boost to your health, connect with your friends and community members, or keep your competitive spirit alive, there's no better place to do it than here in Apex.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim the Month of July 2025, "Parks and Recreation Month" in the Town of Apex, and encourage residents to get active and make your day a little brighter through our Town's wonderful Parks, Greenways, and recreational opportunities.

I hereby set my hand and have caused the Seal of the Town of Apex, North Carolina, to be affixed this the 24th day of June 2025

Jacques Gilbert, Mayor