



"The Peak of Good Living"

TOWN OF APEX
NORTH CAROLINA

Proclamation

Parks and Recreation Month 2023

from the Office of the Mayor

WHEREAS, The Town of Apex's Parks and Recreation program is a vital component of our community, and serves as a means for residents to enjoy nature, participate in healthy activities, and socialize with one another; and,

WHEREAS, Our Parks and Recreation program contributes to the economic health of our town through improved property values, increased tourism, and the attraction of business, as well as the physical health of our residents through the lifelong benefits derived from being outdoors and participating in physical activity; and,

WHEREAS, Spending time in green spaces is associated with higher cognitive functioning and decreased prevalence of anxiety and depression, and connection with nature is considered to be beneficial to overall human development; and,

WHEREAS, Parks and natural recreation areas improve water quality, protect groundwater, prevent flooding, improve the quality of the air we breathe, provide vegetative buffers to development, and produce habitat for wildlife; and,

WHEREAS, Apex's public parks include Apex Community Park, Apex Jaycee Park, Hunter Street Park, Kelly Road Park, Apex Nature Park, and Salem Pond Park, and later this year, we are excited to welcome the entire community to our newest addition, Pleasant Park; and,

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

WHEREAS, Parks and Recreation Month is celebrated nationally throughout the month of July, and the Town of Apex is proud to join in this celebration.

NOW, THEREFORE, I, Jacques K. Gilbert, Mayor of Apex, North Carolina, do hereby proclaim, The Month of July, 2023 as "Parks and Recreation Month", in The Town of Apex, and invite residents to utilize the natural spaces and recreation opportunities Apex offers to all people, as a way to get in touch with nature and invest in their physical and mental health.

I hereby set my hand and have caused the Seal of the Town of Apex, North Carolina, to be affixed this the 27th day of June 2023

Jacques Gilbert, Mayor