

# City of Colusa

## PROCLAMATION

### DECLARING JULY AS

## PARKS and RECREATION MONTH

WHEREAS parks and recreation is an integral part of communities throughout this country, including City of Colusa; and

WHEREAS parks and recreation promotes health and wellness, improving the physical and mental health of people who live near parks; and

WHEREAS parks and recreation promotes time spent in nature, which positively impacts mental health by increasing cognitive performance and well-being, and alleviating illnesses such as depression, attention deficit disorders, and Alzheimers; and

WHEREAS parks and recreation encourages physical activities by providing space for popular sports, hiking trails, swimming pools and many other activities designed to promote active lifestyles; and

WHEREAS parks and recreation increases a community's economic prosperity through increased property values, expansion of the local tax base, increased tourism, the attraction and retention of businesses, and crime reduction; and

WHEREAS parks and recreation is fundamental to the environmental well-being of our community; and

WHEREAS our parks and natural recreation areas ensure the ecological beauty of our community and provide a place for children and adults to connect with nature and recreate outdoors; and

WHEREAS the U.S. House of Representatives has designated July as Parks and Recreation Month; and

WHEREAS City of Colusa recognizes the benefits derived from parks and recreation resources.

NOW THEREFORE, BE IT RESOLVED BY Colusa City Council that July is recognized as Park and Recreation Month in the City of Colusa.

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GREG PONCIANO, MAYOR