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FOR IMMEDIATE RELEASE

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JULY IS PARK & RECREATION MONTH

Since 1985, America has celebrated July as the nation's official Park and Recreation Month. The National Recreation and Park Association (NRPA), created this month-long celebration to highlight the value of parks and recreation for local communities.

This year's theme, "OUT is IN," encourages individuals, families, friends and coworkers to do something outside every day that they would normally do inside. From picnicking in the park instead of sitting inside at a table to sending an email or even holding a meeting outside, there are small ways you can make going OUT part of your daily routine. The parks and facilities run by the City of Edmonds offer ample opportunities to go OUTside, get INspired, change your OUTlook and get INvolved. Make your plans to get OUTside by checking out our parks at parks.edmondswa.gov.

Mayor Earling will proclaim July as Parks and Recreation month in Edmonds at the July 15th City Council meeting.

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