



# PROCLAMATION

## PARKS & RECREATION MONTH

*July 2023*

Whereas, parks and recreation is an integral part of communities throughout this country, including the City of San Fernando;

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

Whereas, parks and recreation encourages physical activities by providing access to popular sports, hiking programs, fitness classes, swimming pools and many other activities designed to promote active lifestyles;

Whereas, parks and recreation is a leading provider of healthy meals, nutrition services, and education, and park and recreation programming and education activities, such as youth sports, teen groups and environmental education, are critical to childhood development; 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;

Whereas, parks and recreation is fundamental to the environmental well-being of our community and is essential and adaptable infrastructure that makes our communities resilient in the face of natural disasters and climate change;

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;


Whereas, the U.S. House of Representatives has designated July as Parks and Recreation Month and the City of San Fernando recognizes the benefits derived from parks and recreation resources.

Now, Therefore, the San Fernando City Council **does hereby proclaim July 2023 to be PARKS & RECREATION MONTH** and in doing so, urge all citizens to recognize the importance of accessing local parks, trails, open space and facilities for the health, wellness, development, inspiration and safety of all Californians.



  
JOEL FAJARDO  
COUNCILMEMBER

  
CELESTE T. RODRIGUEZ  
MAYOR

  
MARY MENDOZA  
VICE MAYOR

  
CINDY MONTAÑEZ  
COUNCILMEMBER

  
MARY SOLORIO  
COUNCILMEMBER

*July 17, 2023*

THE CITY OF  
**SAN FERNANDO**