## Invitation to Celebrate

## June is Recreation & Parks Month

The Saskatchewan Parks and Recreation Association (SPRA) invites all Saskatchewan communities, First Nations and individuals to celebrate *June is Recreation & Parks Month* (JRPM). Recognition of June as *Recreation & Parks Month* acknowledges the benefits derived year-round from quality public and private recreation and parks resources at individual, local, regional and provincial levels.

- In Saskatchewan, we are fortunate to have a variety of recreation and parks systems providing countless recreational opportunities for residents; and
- Recreation enhances the quality of life, active living and lifelong learning, helps people live happier and longer, develops skills and positive self-image in children and youth, develops creativity and builds healthy bodies and positive lifestyles; and
- Recreation participation builds family unity and social capital, strengthens volunteer and community development, creates community pride and vitality and promotes sensitivity and understanding to cultural diversity; and
- Recreation, therapeutic recreation and leisure education are essential to enhancing the quality
  of life of individuals who experience living with a disability, or have become ill, or are
  disadvantaged; and
- The benefits provided by recreation and parks programs and services reduce healthcare and social service costs, serve to boost the economy, economic renewal and sustainability, enhance property values, attract new business, and increase tourism; and
- Our parks, open space and trails ensure ecological sustainability, provide space(s) to enjoy nature, help maintain clean air and water and preserve plant and animal wildlife; and
- In Saskatchewan, we value and benefit from ancestral and contemporary Treaty relationships that allow us to enjoy recreational pursuits on the lands we share, which are deeply rooted in traditional and cultural significance; and
- All levels of government, the non-profit and voluntary sectors, and private enterprise throughout the province participate in the planning, development and operation of recreation and parks programs, services and facilities.

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Saskatchewan Parks and Recreation Association	Live	Funded by	TTERIES