

## For Immediate Release



Kristine Vincent

860-291-7160

Email: [www.easthartfordct.gov](http://www.easthartfordct.gov)

### **This July, East Hartford residents are invited to a Play date with Parks & Recreation**

*Month-long celebration highlights essential value of local parks and recreation*

Summer is here, which means it's time to get your play on. This July, discover the power of play with East Hartford Parks & Recreation as they celebrate Park and Recreation Month. A variety of fun activities are planned for residents of all ages including outdoor concerts, splash parties, swim lessons, summer camps, and theater shows.

East Hartford Parks & Recreation is celebrating Park and Recreation Month, an initiative of the National Recreation and Park Association (NRPA), and all the ways parks and recreation has the power to transform our daily lives. From providing us places to play, get fit and stay healthy to fostering new relationships and forging a connection with nature, our close-to-home community park and recreation facilities provide essential services and improve quality of life.

"The East Hartford Parks & Recreation Department offers a wealth of opportunities for residents to reap the benefits of health and wellness, social equity, conservation, etc. right in their own back yards" says Kristine Vincent, Assistant Director. "This year we're celebrating with the all new **Parks & Recreation Prize Patrol**. Our staff will be visiting our local parks and pools throughout the month of July with prizes and giveaways.

NRPA wants to see how you celebrate *A Lifetime of Discovery* at your local parks and recreation centers by challenging you to take the #NRPADiscoveryChallenge! Show us the things you saw, the places you went, how you got active and the things you learned every week throughout July. Submit your best photos or videos below, or on Facebook, Twitter or Instagram using the hashtag #NRPADiscoveryChallenge

To learn more about East Hartford Parks & Recreation visit [www.easthartfordct.gov](http://www.easthartfordct.gov) and like us on Facebook!