



Center's Tip of the Month: Park & Recreation Month

-- Tips for celebrating your local park--

Did you know July is Park and Recreation month? Get the whole family outside and enjoy the warm weather by celebrating the parks in your neighborhood. Parks are an essential part of the community where we can enjoy nature and be physically active. Green spaces are important for purifying pollutants found in air and combating rising temperatures. During July, take the time to get outdoors and explore your local park!



Tips & Resources

What can you do? Take advantage of summer offerings.

- ◆ Participate in exercise classes taking place in your local park. These classes are often inexpensive or free and are a great chance to try out a new activity. Attend a class near you through [Shape Up NYC](#).
- ◆ Take advantage of children's programs. There are a variety of activities that are geared towards children, such as hiking, sports, and environmental education. Find opportunities in New York City [here](#).
- ◆ Attend events held in the park during the summer, such as concerts, movies, theater and more. Search for NYC events [here](#).

What can you do? Keep our environment clean. Promote the health of our communities and parks by protecting the environment on a daily basis.

- ◆ Recycle! Check the rules in your community and make sure that you are recycling properly. Use this [helpful recycling guide](#). Remember, rules differ between counties so check what materials are accepted with your local government.
- ◆ Reduce your waste and energy usage.
 - ◇ Swap out disposable products for reusable ones, such as cotton shopping bags, glass food containers, and cloth napkins.
 - ◇ Take an inventory of your energy usage and think about ways you can cut back. Simple tips include unplugging chargers and unused appliances, switching off lights when leaving the room, and adjusting the thermostat when you are out of the house. Read more helpful tips in NRDC's [How to Reduce Your Energy Consumption](#).

What can you do? Advocate for parks!

- ◆ Stay informed about what is happening with your neighborhood parks by signing up for updates from [New Yorkers for Parks](#).
- ◆ Offer your help by volunteering to plant, clean-up and assist with events in the park. Find opportunities [here](#).



Have questions? Want to learn more? Please email us at cccehcolumbia@gmail.com!



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