

## Parish Nurse Notes

### July is Parks & Recreation Month

Get outside, pack a picnic, play on a playground, compete in a sport and enjoy the sunshine!

Each July, recreation facilities and parks across the country kick-off summer programs, promote outdoor physical activities, and pull together community volunteers to make their outdoor space a better place for all.

Due to the recession this year, many national parks are even offering free admission throughout the summer.

Spending the day at the park is not only great for your wallet; it's good for your health. Being active can reduce stress, improve cardiovascular health, and decrease feelings of depression.

Physical activity also helps children build and maintain healthy bones, muscles, and joints.

If you are looking for a family summer evening of fun, the Naperville Municipal Band offers concerts at our [Naperville Community Concert Center](#) at Central Park. **Thursday** night concerts start at 7:45pm. Bring a lawn chair or blanket - bench seating is limited.

#### **July Concerts:**

July 23 "Salute to Windjammers"

July 30 "Holiday Inn" - The Four Seasons

#### **August Concerts:**

August 6 "Family Night" including the "Alumni Band"

August 13 "Thanks for the Memories"

Saturday concerts begin at 7:30pm.

All Concerts are **free** to the public