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RIDLEY-THOMAS LEADS BOARD OF SUPERVISORS IN PROCLAIMING HEALTHY PARKS MONTH IN L.A. COUNTY

LOS ANGELES – Supervisor Mark Ridley-Thomas today led the Board of Supervisors in recognizing the Los Angeles County Department of Parks and Recreation for its dedication to educating residents on the benefits of being healthy and staying active, proclaiming April as “Healthy Parks Month” throughout the County.

“The department has done a remarkable job in encouraging residents and employees of the County to get outdoors, stay active, and participate in the County’s “Healthy Parks Programs,” Supervisor Ridley-Thomas said.

Residents of the Second District benefit from activities and programs available at 22 parks throughout the Second District. The district is home to 13 of the 27 pools managed by the County’s Department of Parks in Recreation, 6 of which have recently undergone substantial upgrades. The facilities offer free swim lessons, recreation swimming, and a variety of programs ranging from synchronized swimming to water aerobics.

In April, people throughout the United States will celebrate Healthy Parks Month, including L.A. County Parks and Recreation, which established its “Healthy Parks Program” many years ago to educate children and families on how physical activity and healthy lifestyles can prevent the onset of obesity, heart disease, diabetes and other chronic illnesses.

“Research has confirmed that prevention programs offer a significant health benefit and our County parks are doing a wonderful job supporting the health and wellness of residents on a daily basis,” the Supervisor said.

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