

Unlocking Wellness through Parks and Recreation

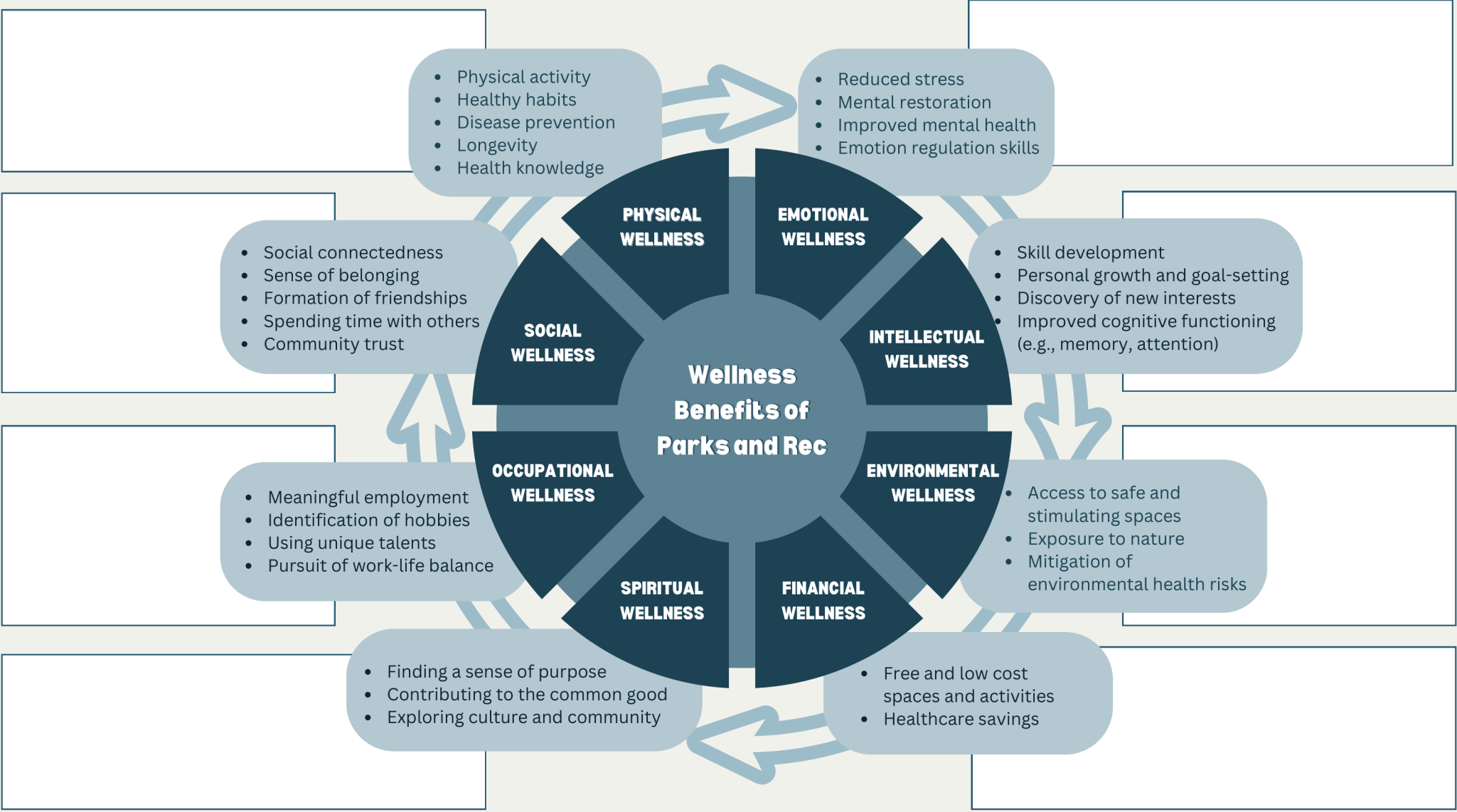


Evidence suggests that Parks and Recreation agencies provide meaningful opportunities for participants to **advance their wellness** through provision of programs, maintenance of facilities, and stewardship of natural spaces

Use the space below to identify the activities, programs, and spaces that you provide that contribute to participant wellness!



CONTACT & ADDITIONAL RESOURCES



This Wellness Wheel is adapted from the Substance Abuse and Mental Health Services Administration.