

# June is Recreation and Parks Month!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Bear Lake 	2 Long Lake 	3 Jerry Vanderwell Memorial Park 	4 Shiningbank 	5 Beta/Nojack National Health and Fitness Day 
6 Evansburg Playground/ Pumptrack 	7 Celebrate Seniors Week: \$5 off all green fees/free towel for senior golfers @ the Edson Golf course 	8 Niton Playground/ Pumptrack 	9 Peers Playground/ Pumptrack 	10 Marlboro Playground/ Pumptrack 	11 Brule Playground/Bike Skills Park 	12 Robb & Cadomin Playgrounds/ Pumptrack 
13 Wildwood Playground/ Pumptrack 	14 Tennis /Pickleball: Check out the local courts in Edson 	15 Trail Walk/Hike @ Willmore Eddies Big Run Registration Deadline 	16 Play Catch 	17 Soccer Skills 	18 Eddie's Big Run *Sign up before June 15th at <a href="http://edson.ca/eddiesbigrun">edson.ca/eddiesbigrun</a> 	19 Eddie's Big Run 
20 Corn Hole 	21 Outdoor Fitness Equipment: Tipple Park, Kinsmen Park, BenchFit workouts 	22 Spike Ball 	23 Bike the trails in Edson/Willmore 	24 Gardening: Check out the many greenhouses across Yellowhead County 	25 Fishing: So many local lakes to explore (Millers, Rainbow pond, Bear) 	26 Play trail games as you walk the Edson trails 
27 Story Walk @ Miller's Lake/Town of Edson Trails 	28 Geocache 	29 Hit up Kinsmen Park in Edson to cool off at the spray park 	30 Visit Green Grove Pool in Niton Junction 			

**Yellowhead County** and the **Town of Edson** are encouraging **YOU** to get outside and explore the many parks and trails that we have in our area as well as strive to be more active throughout the month of June!

Follow along with our activities calendar and you're bound to make the best of summer! Remember to wear a helmet when you're riding and to pack out all of the garbage when you're camping.

**Follow us on Facebook:** @YellowheadCountyParksandRec, @YellowheadCounty, and @EdsonComServ.



## DID YOU KNOW?

One of the most fun and effective ways to stay healthy is to exercise! It's medically proven that people who do regular physical activity have:

- up to a 35% lower risk of coronary heart disease and stroke
- up to a 50% lower risk of type 2 diabetes
- up to a 50% lower risk of colon cancer
- up to a 20% lower risk of breast cancer
- a 30% lower risk of early death
- up to an 83% lower risk of osteoarthritis
- up to a 68% lower risk of hip fracture
- a 30% lower risk of falls (among older adults)
- up to a 30% lower risk of depression
- up to a 30% lower risk of dementia

