



Celebrate Park and Recreation Month this July

Get ready to unlock a lifetime of discovery this July with the [National Recreation and Park Association](http://www.nrpa.org) (NRPA). Since 1985, America has celebrated July as the nation's official Park and Recreation Month. Created by NRPA, Park and Recreation Month specifically highlights the vital and powerful role local parks and recreation play in **conservation**, **health** and **wellness**, and **social equity** efforts in communities all across the country.

This year, it's all about highlighting the unique — and sometimes unknown — offerings of local parks and recreation facilities. From STEM programming to innovative health and wellness opportunities, the parks and recreation facilities of the Central Sierra have a wide variety of beneficial programs. UCCE in the Central Sierra and NRPA are encouraging everyone to get out there and discover everything that is offered at our parks and rec facilities!

In the Central Sierra, you can celebrate Park and Recreation month at any of the many national, state, and local parks or recreation programs. Click on the links below for more information on park locations and recreation programs by county.

- [El Dorado County](#)
 - [Placerville](#) – El Dorado Hills [Parks](#) and [Recreation](#) – [Cameron Park](#) – [South Lake Tahoe](#) – [Eldorado National Forest](#) – [Marshall Gold Discovery State Historic Park](#)
- Amador County [Parks](#) and [Recreation](#)
 - [Jackson](#) – [Eldorado National Forest](#) – [Indian Grinding Rock State Historic Park](#)
- [Calaveras County](#)
 - [Calaveras Big Trees State Park](#) – [Stanislaus National Forest](#) – [Angels Camp](#) – [New Melones Lake](#) – [Murphys](#) – [Arnold](#) – [Valley Springs](#)
- [Tuolumne County](#)
 - [Sonora](#) – [Twain Harte](#) – [Tuolumne City](#) – [Yosemite National Park](#) – [Stanislaus National Forest](#) – [Columbia State Historic Park](#) – [Railtown 1897 State Historic Park](#)

The wealth of local parks in the Central Sierra provide opportunities for people of all ages to achieve healthier lifestyles, promote and understand nature and conservation, and bring the community closer through a variety of programs and services.

Nationally, NRPA is celebrating Park and Recreation Month with a weekly contest encouraging people to show them the unique things they've discovered at their local parks. Join in on Facebook by posting how you're supporting parks and recreation, or sharing something new you've discovered with the hashtag #DiscoverJuly. For more information about the contest and Park and Recreation Month in general, visit www.nrpa.org/July and [Nutrition in the Central Sierra](#) on Facebook.