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News Release

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This July, Residents Invited to Discover Everything Durham Parks and Recreation Has to Offer

Month-long celebration highlights undiscovered roles of local parks and recreation

Durham, NC: Summer is here, which means it's time to get out and discover the great things happening in Durham.

This July, Durham Parks and Recreation (DPR) along with the National Recreation and Park Association (NRPA) and a host of agencies across the nation invite residents to explore *A Lifetime of Discovery* in observation of Park and Recreation Month.

Generally, playgrounds, recreation centers, sports, and summer camp are just a few things that come to mind when thinking of parks and recreation but it is so much more than that.

This month, DPR would like for residents to discover all the ways parks and recreation can improve their quality of life, through innovative health and wellness activities, cultural events, community celebrations, outdoor education and more.

Residents can enjoy the "undiscovered" role of DPR by participating in the many fun activities available such as the Rock the Park Movie and Concert Series, dive in movie, historic hikes, cane pole and linen line fishing, the fun caravan and more.

"We are thrilled to connect Durham residents to wellness, the outdoors and lifelong learning," says Rhonda B. Parker, director of DPR. "We hope that residents take full advantage of the unique programs, activities, and events that are available."

NRPA encourages residents that support parks and recreation to share why they think it's important to explore and discover all DPR has to offer with the hashtag #DiscoverJuly.

Visit DPRPlayMore.org to learn about the many activities offered. To learn more about Park and Recreation Month, visit www.nrpa.org/July.

About Durham Parks and Recreation

Durham Parks and Recreation provides opportunities for the Durham community to Play More by connecting our whole community to wellness, the outdoors, and lifelong learning. To learn more about Durham Parks and Recreation, visit us [online](#), follow us on [Facebook](#), [Twitter](#), and [Instagram](#), or call (919) 560-4355.

About the National Recreation and Park Association

The National Recreation and Park Association is a national not-for-profit organization dedicated to ensuring that all Americans have access to parks and recreation for health, conservation and social equity. Through its network of 60,000 recreation and park professionals and advocates, NRPA encourages the promotion of healthy and active lifestyles, conservation initiatives and equitable access to parks and public space. For more information, visit www.nrpa.org. For digital access to NRPA’s flagship publication, Parks & Recreation, visit www.parksandrecreation.org.

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