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**PARA SPONSORS A WALK IN THE PARK TO HONOR
NATIONAL PARK & RECREATION MONTH IN JUNE**

Tuscaloosa, Ala. – In recognition of National Park and Recreation Month in June, The Tuscaloosa County Park & Recreation Authority is encouraging West Alabamians to step up to health with a walk in the park. The Wednesday morning walks will begin at 8:30 a.m. and are free and open to the public.

“Parks and Recreation resources are essential to advancing healthy lifestyles and livable communities. We are privileged to live in Tuscaloosa County which offers a large range of choices for citizens to improve their health,” says Blair Plott, director of marketing, community relations and development.

“More Americans are at risk for chronic diseases and early death associated with sedentary lifestyles than ever before. PARA wants to do more to help Tuscaloosans lead healthier lifestyles. A walk in the park is a step in the right direction,” says Plott.

The June 3 and 10 walks will focus on stroller fitness but all walks are open to the public.

Join a PARA staff member at four different walking trails in Tuscaloosa County. The walks will last approximately 30-45 minutes.

Date/Time/Location:

June 3	8:30 a.m.	Jack Warner Park East, meet at Poplar Shelter
June 10	8:30 a.m.	Snow Hinton Park, meet at Magnolia Shelter
June 17	8:30 a.m.	Palmore Park, meet by the pool house
June 24	8:30 a.m.	Northport Levee Trail, meet by the levee at Rice Mine Road parking lot

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Live, Learn, Play! PARA. The Tuscaloosa County Park & Recreation Authority is a county wide non-profit agency funded by the city of Tuscaloosa, the city of Northport and Tuscaloosa County. PARA's mission is to provide safe, clean, and beautiful facilities, parks and open space, along with professionally managed leisure activities for all people and to enrich the quality of life, provide economic value, and encourage long-term community stability and growth. Through strong partnerships, we achieve exceptional services and foster an atmosphere of cooperation, trust, and innovation to better serve our community.