

# **NEWS RELEASE**

www.parksville.ca May 25, 2015

# **City of Parksville Proclamations for June 2015**

Mayor Marc Lefebvre has proclaimed the following for the City of Parksville in June.

### Health and Fitness Day - June 6

June 6 has been proclaimed as National Health and Fitness Day in the City of Parksville, intended to increase awareness among its residents of the significant benefits of physical activity and to encourage residents to increase their level of physical activity and their participation in recreational sports and fitness activities. Opportunities for fitness, health and wellbeing should be inclusive and accessible to all residents regardless of age, gender or physical or mental abilities. <a href="https://www.participaction.com/national-health-and-fitness-day/">http://www.participaction.com/national-health-and-fitness-day/</a>

### Access Awareness Day - June 6

June 6 marks annual Access Awareness Day which provides an opportunity to look at our communities and ways that they can become more accessible and inclusive for everyone. The theme for 2015 is "Accessibility is Working?" The goal of Access Awareness Day is to draw attention to leading practices and local innovation across BC communities with a focus on working together to help ensure our communities are as accessible and inclusive as possible.

In partnership with the Access Oceanside Association (AOA), the City of Parksville consistently strives to improve accessibility and foster a sense of inclusion for all community members. The AOA is dedicated to advocating for accessibility issues through events like the Wheel Walkabout held on May 22 which enabled community members to explore our City through the perspective of someone with a disability.

Sponsored by SPARC BC (Social Planning and Research Council of BC), June 6 will highlight the important roles we play in creating inclusive and accessible communities for people of all abilities. Since 1997, SPARC BC has been promoting Access Awareness Day in BC, a comprehensive campaign to raise awareness about disability, accessibility and social inclusion. <a href="https://www.sparc.bc.ca/access-awareness-day">www.sparc.bc.ca/access-awareness-day</a>

### World Oceans Day - June 8 and World Oceans Week - June 1-8

In 2009, the United Nations proclaimed June 8 to be World Oceans Day each year around the world. World Oceans Week Canada was founded to encourage Canadians to honour, celebrate, protect and preserve our waterways and oceans and surrounding habitat. Oceans generate 80% of the oxygen we need but the carbon levels in our oceans are at an all-time high. As a result, World Oceans Week Canada has designated June 1 to June 8 as World Oceans Week in Canada to urge all Canadians to take action by conserving water, preserving waterways and shorelines, reducing emissions and personal carbon footprints, protecting the habitat along and in our waterways and helping our marine life recover by avoiding sea foods on the endangered list; the theme this year is "One Earth, One Ocean, Ours To Protect". http://www.worldoceansday.org/

#### For more information:

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