

May 2021



**Mayors Wellness Campaign: *Picnic and Stories at Woodlake Park. 12-2pm, May 22.*** All families are welcome, but the focus of this event is for kids aged up to 5 (kindergarten).

When you hear ‘**wellness event**’ generally you think of exercise. Reading supports cognitive development helping kids develop basic language skills and expand their vocabularies — much more than any app can do! Books are interactive -- whether a story or simple pictures – and this interactivity forces kids to think and create new ideas, which in turn, re-enforces their imaginations. This **Stories** event is not “exercise” per se, but it strengthens the brain and builds listening skills and concentration. Just as beneficial, reading books creates emotional bonds between adults and kids when they read together. All important factors for wellness!

So, bring the family, a basket lunch and blanket or chairs and come read books! Donated books will be available or bring your favorites and... **Let’s have a picnic and read!** Woodlake Park is a quiet space in town and is perfect for a relaxing afternoon. It doesn’t have a playground -- which in this case is perfect -- so the focus will be on reading. However, if you need to move around, the park is great for bike riding or roller skating, a run or walk. Throw a ball around or just bring a chair and relax! There are nice, paved paths throughout the park, plenty of trees for shade (remember sunscreen!) and lots of fresh air!