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Why Walking is Good Medicine

Partners for Parks [info@partnersforparks.org]

Sent: Monday, June 29, 2020 3:42 PM

To: Steve Johnston

[View this email in your browser](#)



Good for Mind, Body, and Soul

[Walking may be the most accessible forms of exercise, transportation, and recreation. No special equipment or memberships are required, and you can do it just about anywhere at any time. New research confirms that walking may have benefits that go beyond just being an easy-to-do, low-impact form of exercise. See what the experts are saying — and explore new places to walk: <https://partnersforparks.org/walk-better-health/>](#)



Sharing Our Streets

[We sure miss Open Streets 704](#), but one benefit of this pandemic has been less traffic on the streets. We love the Shared Streets program by the City of Charlotte. We've suggested this 9-mile loop that connects one of the shared streets with slower traffic roads and greenway, connecting 8 neighborhoods and 6 parks. We look forward to finding more loops that can connect all of our neighborhoods to parks and open space!

[Partners for Parks - Breathing Life Into Our Community](#)



A Passion for Pickleball

When you have a passion for your sport, you want to share it with anyone who'll listen. John Stevens was that guy, and pickleball was his sport. To say John was an advocate for pickleball is quite the understatement. Now pickleball has its own indoor and outdoor Mecklenburg County Park & Recreation leagues, Senior Tournament, and as of this spring -- dedicated courts at Clarks Creek Community Park. Here's how John's love of the game will live on: <https://partnersforparks.org/pickleball/>



Partners for Parks aims to improve the quality of life for the citizens of Mecklenburg County and the surrounding region by preserving, promoting and enhancing the parks, greenways, open spaces, active play and recreational opportunities within our community.

Partners for Parks is a non-profit 501(c)(3) organization. Donations are tax deductible. Please consider making a **donation**. To make a gift by mail, please send your check made payable to "Partners for Parks" to:

PARTNERS FOR PARKS

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Charlotte, NC 28216

info@partnersforparks.org

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