



Family Health & Fitness Day Saturday, June 10, 2023



National Recreation and Park Association Family Health & Fitness Day is celebrated on the second Saturday in June each year to promote the importance of parks and recreation in keeping communities active and healthy. Cape Elizabeth Community Services invites you to participate in Family Health & Fitness Day on Saturday, June 10, 2023.

You may choose to participate by engaging in a family-friendly activity at one of Cape Elizabeth's beautiful outdoor spaces. With so many easily accessible, close-to-home opportunities, we hope you'll come out and go for a walk on the beach, hike one of our town trails, bike along the Shore Road Pathway, play a game on one of our outdoor tennis, pickleball, or basketball courts, or visit one of our state or local parks.

In celebration, Cape Elizabeth Community Services is introducing the Fort Williams Park Scavenger Hunt which will be available to pick up at the Greeter Shed located in Central Parking beginning at 9:00 am. Families are encouraged to explore the 90-acre park while checking off the items they find related to the fort and the park. All participants who return their sheet to the Greeter Shed before 6:00 pm will receive a Fort Williams Park sticker.

If you take a selfie while participating in Family Health & Fitness Day and post it on Facebook or Instagram with the [#keepingcapeactivenrpa23](#), you will be entered into our [Photo Contest](#) and have the opportunity to win four tickets to climb the lighthouse tower on Maine Open Lighthouse Day in September.

Various research studies have confirmed that local parks, recreation programs, green spaces, and outdoor access are critical for creating healthy, active, and resilient communities. Community Services continues to offer programs that support the mental and physical well-being of our youth and adults, and participation in Family Health & Fitness Day is an excellent opportunity to celebrate this.