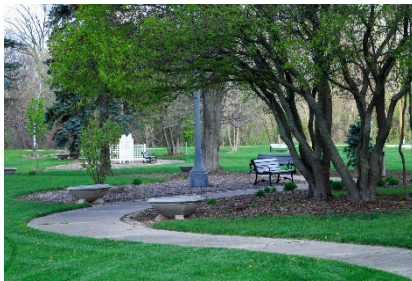


## May DEI Corner – “Mental Health Awareness Month”

Spring is in full bloom as we head into a new month, signaling a time to get outside! And what better way to do so than during the month of May, also recognized as “Mental Health Awareness Month.”

Mental Health Awareness Month raises awareness of the vital role mental health plays in our overall well-being. While the hustle and bustle of daily life can certainly become overwhelming at times, there are many ways to combat those feelings. One way is to get outside!

Stepping outside on any given day can lead to a positive mind, body, and spirit. From the warmth of the sunlight on your face, the sounds of nature that fill the air, or even the beauty of the vibrant colors around you, escaping to nature adds to a peace that cannot compare. It's grounding. It's comforting. And it's right there, in your backyard.



With 28 parks and a total of 406 beautiful acres maintained, Gurnee Park District makes it easy to connect with nature any time of year. Our parks offer diverse experiences, from inviting playgrounds and meandering walking paths to serene wildlife conservations and even the simplicity of a quiet park bench. They serve as havens that transform weary days into uplifting experiences, providing an escape from the

overwhelming and opportunities for quiet reflection. And they do so all while positively impacting your overall well-being. As a bonus, many of our parks are within walking distance of numerous Gurnee residences, ensuring that the beauty of nature is always within reach.

So, this month, as we raise awareness of mental health, make sure to get outside and connect back to nature. Your heart, body, and mind will undoubtedly thank you.

To view a complete list of our park locations, please visit:

<https://www.gurneeparkdistrict.com/parks/locations/locations>

