

Employee Assistance Program

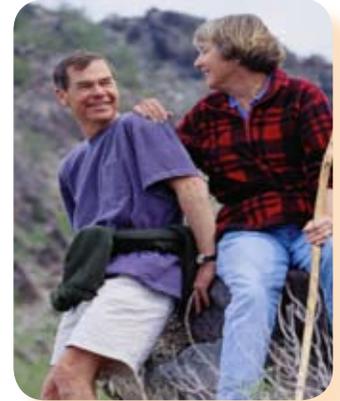
www.dhhs.nh.gov or 1-800-852-3345 x 4336 (Relay NH) 7-1-1



National Great Outdoors Month

Outdoor recreation is a pervasive force in America. Enjoyed by nearly every one of us, it provides mental, physical, economic, and social benefits. Our recreation ranges from enjoyment of wildlife viewing to adventure sports like rock-climbing and Off Highway Vehicle driving, and it's a \$250 billion per annum industry.

June is an especially active time for recreation in America, with millions of us commencing summertime activities and hundreds of annual events and meetings ranging from National Trails Day to National Boating and Fishing Week, National Family Recreation Week to National Clean Beaches Week. Recognition of the value of recreation and the importance of June as a time of recreation activity prompted Presidential designation of June as Great Outdoors Month for the first time in 2004.



Why did President Bush proclaim the initial Great Outdoors Month in 2004? The proclamation of Great Outdoors Month helped the President highlight a variety of

initiatives, events and themes he embraces – more active lifestyles to combat obesity, volunteerism to strengthen our communities and our shared legacy of parks and forests, protection of our environment and enjoyment of the splendor of the great outdoors.



On May 21, 2014, Governor Margaret Hassan proclaimed June 2014 as *Great Outdoors Month in the State of New Hampshire* and encourages all citizens to enjoy their favorite outdoor activities.

What are the goals of the Great Outdoors Month?

We hope to use Great Outdoors Month to highlight the benefits of active time outdoors to people, to families, to communities and to the nation. We plan to show how recreation is a valuable means for education, and that volunteerism is a great gift – to the nation and to volunteers themselves. And we hope to reach America's youth with the message that outdoor recreation is a fun, healthy use of leisure time.

Source: www.GreatOutdoorsMonth.org
Courtesy of Wellness Proposals

2014 Spotlight on Dignity & Respect Tips

E A P

Be Open.
Try to experience new thoughts and ideas as learning opportunities.

Join the team.
Do your part to support teamwork.