



Kansas City
Public Library

JULY

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health@kclibrary.org

816.701.3672

It's National Parks and Recreation Month!

Americans have celebrated National Park and Recreation Month during July since 1985. During National Park and Recreation Month, individuals and organizations can promote the benefits of local parks and recreation centers to communities and encourage people to get outside, explore local parks, and enjoy outdoor activities.



Cultivating Care & Connection



We would like to extend a big thank-you to our partners for making this past month so impactful!

At the Sexual and Reproductive Health Symposium—held in partnership with Front Porch Alliance and Planned Parenthood—participants joined breakout sessions on healthy relationship boundaries, having “The Talk,” and exploring identity and intimacy. Attendees also accessed a range of sexual health resources and services.

We also hosted a KC Farmers' Market Passport Program panel in collaboration with Cultivate KC, Ivanhoe Neighborhood Council, KC Farm School, and Global One Urban Farming. Urban farmers, community leaders, and nonprofit partners shared insights on local agriculture, advocacy, and the challenges they face in today's climate.



Why Celebrate & Get Outside?

Connection:

The concept of Safe Routes to Parks considers the infrastructure required for a safe, connected system between parks, their access points, and surrounding infrastructure.

Support the Environment

Parks play an important role in environmental health by cleaning water, preserving wildlife, and offering a refuge to humans and animals throughout the seasons.

Explore Local Ecosystems

Parks offer a lot more than meets the eye. Sports fields, beaches, trails, and so much more.

Increase Children's Success in School

Kids with access to safe parks and playgrounds are more likely to engage in physical activities—and kids who are physically active do better in school.

Effect on Mood

improves mental health. Exposure to nature improves creativity, decreases stress hormones, and calms aggression.



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Health and Wellbeing Events

Central		Irene H. Ruiz	Lucile H. Bluford	
 *Midday Moving Meditation 7/3/25 & 7/17/25, 12-12:30 p.m.			 *200 Tough Workout Every Tuesday, 6-7 p.m.	
 *NAMI Connection: Recovery Support Group Meeting 6/9/25, 1-2:30 p.m.		***Check back next month for more programming!	 Coffee & Connect Every Wednesday 10 - 11 a.m.	
 Toddler & Me Yoga 7/16/23, 10 - 10:45 a.m.			 *MixxedFit Every Thursday, 6-7 p.m.	
Lucile H. Bluford Continued		Plaza	Southeast	
 Community Health Fair 7/15/25, 10 a.m. - 2 p.m.		 *Recreational Meditation 7/5/25, 10-11 a.m.	 *SNAP Outreach Program Every Tuesday, 11-1 p.m.	
 Kids Who Move 7/15/25, 7/22/25, 7/29/25, 2-3 p.m.		 Tai Chi & Qi Gong Every Sunday, 11:15 a.m. - 12 p.m.	 *Midday Yoga 7/12/25, 7/19/25 & 7/26/25, 12-1 p.m.	
		 *Death Cafe 7/9/25, 7-8 p.m.	 *Medicare & You: Understanding Your Options 7/21/25, 1-2 p.m.	
		 Summer Yoga 7/16/25, 7/23/25 & 7/30/25, 6-7 p.m.	 *Death Cafe 7/22/25, 4-5 p.m.	
Waldo		Pop In at the Park (Off-site Locations)		
 *Signature Event: Joyous Longevity: The A-Z Field Guide** 7/27/25, 2-3 p.m.		 Pop In at Concourse Park: 7/1/25, 7/15/25 & 7/29/25 , 3:30-5:30 p.m.		
		 Pop In at Budd Park: 7/2/25, 7/16/25 & 7/30/25 , 3:30-5:30 p.m.		
		 Pop in at Lykins Square: 7/18/25, 3:30-5:30 p.m.		
		 Pop in at Spring Valley Park: 7/8/25 & 7/22/25 , 3:30-5:30 p.m.		
		 Pop in at Gillham Park: 7/9/25 & 7/23/25 , 3:30-5:30 p.m.		
		 Pop in at Dunbar Park: 7/11/25 & 7/25/25 , 3:30-5:30 p.m.		
Westport		Trails West & Northeast		**RSVP requested at kclibrary.org *Events intended for those 18 and older Programs at the Kansas City Public Library are appropriate for all ages unless otherwise indicated. Please contact the library at least three days in advance for ADA accommodations at 816.701.3409 or ADA@kclibrary.org (866.520.7309 for Spanish).
 *Tai Chi Every Tuesday, 12-1 p.m.		***Check back next month for more programming!		
 KC Care Clinic Every Tuesday, 12-5 p.m.				 Kansas City Public Library Community Learning Specialists



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