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# October 4, 2013

## Visit A Park Day

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*Sponsored by the City of Memphis in conjunction with the National Recreation and Park Association and their Young Professionals Network in support of the Let's Move! Initiative.*

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### Friday, October 4th

### Visit a Memphis City Park and:

- Take your Lunch, a good Book, your Mobile devices
- Walk, Jog, or Bike
- Play with your Pets in the "City Dog Park"
- Skate in the "Skate Park"
- Play a round of Golf; a Set of Tennis
- "Shoot Hoops" on an outdoor basketball court
- Join a pick-up game of Soccer
- Watch your children on the outdoor playgrounds
- Sit on a park bench, relax and watch nature
- Explore the walking trails
- Visit the Lichterman Nature Center
- Rent a City Park

**Submit photos on social media of yourselves out in the parks and facilities.**

**Tweet Us at:**

**#Memparks\_nbhds**

**#VisitaParkDay.**



...at the City "Skate Park"



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**Consider exploring a City of Memphis Park or the Greenway!**

Visit the [Division of Parks and Neighborhoods](http://www.memphistn.gov/DivisionofParksandNeighborhoods) website for locations, [Maps](#), and directions.

<http://www.memphistn.gov/Government/ParksNeighborhoods.aspx>



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**"Take as many indoor activities, projects, and programs as you can to a Memphis Park!" October 4th.**