

FOR IMMEDIATE RELEASE

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City Parks and Recreation is Hosting Several Events on September 17

City Teams Up with 5210 Let's Go Northwest Florida for Day of Play Event

The City of Pensacola Parks and Recreation Department has teamed up with the Florida Department of Health in Escambia and Santa Rosa Counties and their 5-2-1-0 Let's Go Northwest Florida program to host the 3rd Annual Day of Play on Saturday, September 17th from 10:00 a.m. until 2:00 p.m. at the Community Maritime Park.

Residents and visitors in Northwest Florida are invited to experience a variety of activities and learn more about ways that families and individuals can live a healthier and active lifestyle. Over forty organizations and wellness-focused individuals will be presenting information and activities encouraging health, wellness and play for all ages.

This year's event is sponsored by 5-2-1-0 Let's Go Northwest Florida, a local effort of Florida Department of Health's Healthiest Weight Florida initiative. 5-2-1-0 Let's Go encourages individuals and families to adopt four lifestyle habits associated with achieving and maintaining a healthy weight, thereby reducing their risks for chronic diseases:

- Consume 5 or more fruits and vegetables each day,
- Limit daily screen time to 2 hours,
- Play or be active for at least 1 hour each day, and
- Consume 0 sugary drinks.

Additional sponsors include Nemours Children's Specialty Clinic and Pensacola Kids Dentistry. The 5-2-1-0 Northwest Florida Day of Play is free and open to the public. Food vendors will be available for purchase, including a local farmer with produce.

In addition to the 5-2-1-0 Northwest Florida Day of Play, the Parks and Recreation Department is simultaneously hosting their annual Play Pensacola Touch-a-Truck and J.A.K.E.S. events.

Learn about Wildlife Conservation at J.A.K.E.S. Event

J.A.K.E.S. stands for Juniors Acquiring Knowledge of Ethics and Sportsmanship and is a program of the National Wild Turkey Federation to inform, educate and involve youth in wildlife conservation and the wise stewardship of natural resources.

Children and youth will participate in a fun-filled day of age appropriate activities such as archery, hunting and fishing education and skills practice, and firearm safety. Admission for J.A.K.E.S. activities is FREE. One-year J.A.K.E.S. memberships will be available for \$10 which includes a one year J.A.K.E.S. magazine subscription and a door prize. The first 250 kids coming through J.A.K.E.S. Event will receive a free fishing pole combo courtesy of Fish Florida.

Sponsors of the J.A.K.E.S. Event include Academy Sports, Buffalo Rock-Pepsi, Fish Florida, Mike's Outdoors, Pen Air Credit Union, and Pediatric Therapy Center of Northwest Florida.

Explore Vehicles at Play Pensacola Touch-A-Truck Event

Kids can get a chance to be "behind the wheel" and rub elbows with their hometown heroes at the Play Pensacola Touch-A-Truck event. Kids can climb on and explore some of their favorite vehicles including fire engines, police cars, buses, news media satellite vehicles, construction trucks and more.

The Touch-A-Truck event is free and is sponsored by the City of Pensacola Parks and Recreation Department, Community Maritime Park, My Pensacola Credit Union and Be Ready Alliance Coordinating for Emergencies (BRACE).

For more details about all three events visit www.PlayPensacola.com or call [850-436-5670](tel:850-436-5670).

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