

Relaxation Revolution in Parksville

Parksville, BC — The City of Parksville, in partnership with the Parksville Qualicum Beach Tourism Association and the Town of Qualicum Beach is pleased to recognize and participate in National Relaxation Day 2013. Information about National Relaxation Day is available on the PQBTA website at

<http://www.visitparksvillequalicumbeach.com/cms.asp?wpID=333&Display=item&blgID=371>

At the August 7 meeting, Council proclaimed August 15 as National Relaxation Day in the City of Parksville. Parksville's proclamation for 2013 reads as follows:

WHEREAS the City of Parksville and the neighbouring Town of Qualicum Beach welcome thousands of travellers to our shores every year to experience the spectacular beaches and laid back lifestyle;

AND WHEREAS National Relaxation Day in the United States has highlighted the importance of recognizing the need for true relaxation in our individual lives;

AND WHEREAS our community has an international reputation as a mecca of relaxation and a place where you can visit to truly "put your feet up";

AND WHEREAS the act of relaxing and unwinding has been proven to have many valuable health benefits, including a positive effect on individuals' stress levels;

AND WHEREAS our region is bursting with beautiful attributes that are extremely conducive to relaxation, including kilometres of the country's best sandy beaches, 18 provincial and regional parks, six golf courses, incredible spas, casual farmer's markets and festivals;

AND WHEREAS in 2012 we declared ourselves Canada's most relaxed destination and the perfect place to celebrate National Relaxation Day on the 15th day of August;

NOW THEREFORE, on behalf of City Council, I, Mayor Chris Burger, do hereby proclaim August 15, 2013, as National Relaxation Day in the City of Parksville.

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For more information:

Mayor Chris Burger

Deb Tardiff, Communications

250 954-4661

250 954-3073

