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## Kentville Plays on National PlayDay

KENTVILLE, NOVA SCOTIA –August 1<sup>st</sup> is National PlayDay across Canada. To celebrate this day, the Parks and Recreation Department is hosting an evening of play designed for families and members of the community to come together and play! Town of Kentville play facilitators will be at stations throughout Memorial Park, and families can travel along the paved section of the Harvest Moon Trail to explore as many of the play stations as they like. Visit our website to check out the PlayDay stations map and join us August 1<sup>st</sup> from 5-7pm!

“We’ll have five play stations set up through Memorial Park, all accessible along the Harvest Moon Trail for kids, families and community members. They’ll be something for everyone- from water play at the splash pad, Playbox fun at the playground, to exploration of the frog pond, scootering and skateboarding at the skate park and tones of loose parts fun at the KCA playground!” says Julia Stephenson, Active Living Community Coordinator. “We’ll also be engaging with children and adults to explore the larger initiative of Kentville Plays! which is all about how we can become a more playful Town, how we can make free play an easy choice and how we can support play with tools like community Playboxes and the equipment loan program.”

“We’re going to play together as families, as community, as people who value the health and wellbeing of our children.” Says Director of Parks and Recreation Rachel Bedingfield “Our goal is to become Canada’s most playful community; one that takes play – and all of its benefits - very seriously.”

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