



Sample Press Release

For Immediate Release

Date

(Community) Celebrates Recreation Newfoundland and Labrador's Play Days

(Community), NL – (Community) is celebrating Recreation Newfoundland and Labrador's Play Days with (Activities and Event details)

The benefits of recreation and playtime for children have been well documented. Engaging in regular playtime not only has benefits for children and youth, but it has been proven that adults who take time to play reap many benefits, including feeling less stressed and increase in energy.

(Name) encourages everyone to celebrate the power of play by getting outside, getting active, and attending a Play Days event in a community near by. Taking time everyday to have fun and play with family and friends can have many benefits.

Recreation NL, a not-for-profit organization committed to promoting healthy living and recreation, is the official organizing body for Play Days Events in Newfoundland and Labrador.

For more information, please visit recreationnl.com or contact 709-729-3892.

Media inquires may be directed to:

(Community Contact Name)

(Title)

(Organization)

Phone:

Email: