



**TO: LINDA GORTON, MAYOR
URBAN COUNTY COUNCIL**

**FROM: CHARLIE LANTER, COMMISSIONER
HOUSING, ADVOCACY & COMMUNITY DEVELOPMENT**

DATE: APRIL 8, 2022

SUBJECT: Accept \$3,000 Grant Award from National Recreation and Park Association for Supporting Healthy Aging through Parks and Recreation Fit & Strong Program

Request: Council authorization to accept \$3,000 National Recreation and Park Association for Supporting Healthy Aging for Division of Parks and Recreation Fit and Strong Program. No matching funds required.

Purpose of Request: The Division Parks and Recreation has been awarded \$3,000 from National Recreation and Park Association for Supporting Healthy Aging for Division of Parks and Recreation Fit and Strong Program. The funds will be used for two (2) instructor-training classes to support agencies in delivering arthritic appropriate evidence-based programs. The program is a multi-component physical activity and behavior-change program that teaches sedentary adults with joint pain and stiffness and/or lower extremity pain and mobility issues how to engage in safe and effective exercise.

What is the cost in this budget year and future budget years? \$3,000 has been awarded for FY2022. No match required. Funds for future budget years are dependent upon availability of grant funds.

Are the funds budgeted? Budget amendment 11630 is in process.

File Number: 0369-22

Director/Commissioner: Conrad/Ford

