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SATURDAY, JULY 15 DECLARED UNPLUG ILLINOIS DAY IN ILLINOIS

State Senator Laura Fine and State Representative Charlie Meier Issue Resolutions Encouraging Illinoisans to Unplug from Electronics and Plug Into Play

July 10, 2023—Saturday, July 15 has been declared Unplug Illinois Day in Illinois thanks to State Senator Laura Fine (D-Glenview) and State Representative Charlie Meier (R-Okawville).

Unplug Illinois promotes healthy physical, mental and emotional well-being by encouraging people to unplug from electronics—and plug into play, creativity and adventure. Created by Illinois Park and Recreation Association (IPRA) and promoted by a5 Branding & Digital, the campaign will be implemented by more than 60 park and recreation agencies in Illinois. On July 15, residents can go camping, learn to fish, enjoy a pool day, learn pickleball and much more.

Meier, a farmer and downstate legislator from Okawville (east of St. Louis), issued HR-275, saying studies have shown that unplugging and being active improves health. Meier encourages Illinois residents to take advantage of parks and the outdoor opportunities that come with them, from fishing to boating, swimming to golf. “All these things are possible throughout the State of Illinois, so come on out, get away from your computers and cell phones and enjoy all that Illinois offers,” said Meier.

Fine, who represents Glenview, Northbrook and other north suburban communities, issued SR-375 declaring July 15 Unplug Illinois Day. The chair of the Senate Behavioral and Mental Health Committee urges Illinois residents to explore the State’s natural resources. “It is so easy to get caught up in our phones and electronics that we forget to take time to take care of our mental health and connect with nature,” said Fine (D-Glenview). “Having a day dedicated to unplugging from our devices will help us reconnect with our environment, our friends and ourselves.”

Learn more about all the activities on July 15—and ways to unplug overall—at www.unplugillinois.org.

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ABOUT IPRA-

Established in 1944, the Illinois Park and Recreation Association's mission is to provide and promote exceptional standards of education, networking, and resources for all professionals in the Illinois park, recreation, and conservation communities. For more information about IPRA, its board and mission, please visit the IPRA website: www.IIptra.org

ABOUT UNPLUG ILLINOIS-

Unplug Illinois Day is part of an ongoing, state-wide initiative to get communities to plug into play, plug into creativity and plug into activity. It gets people throughout Illinois to ditch their electronic devices and plug into fun and activities at local park and recreation agencies. Every year, Unplug Illinois Day encourages people to 'plug into' all of the recreational opportunities their local park and recreation agencies offer.

On **Saturday, July 15, 2023**, across the state local park and recreation agencies will host a variety of events to celebrate Unplug Illinois Day.