



LUMEN®

Retiree Benefits News

Explore, connect, and recharge during National Parks & Recreation month

Summer is the perfect time to slow down, enjoy a vacation, spend quality time with family and friends, and take advantage of the great outdoors. Whether it's a weekend getaway, a family reunion, a scenic road trip, or simply an afternoon walk in your local park, the season offers countless opportunities to relax, recharge, and create lasting memories.

National Parks & Recreation Month serves as a great reminder of the many outdoor spaces available for us to enjoy. Parks and recreation areas provide places to stay active, connect with nature, and gather with loved ones. From neighborhood walking trails and community parks to breathtaking national parks, these destinations offer something for everyone. Parks also play an important role in supporting physical health, emotional well-being, and community connections.

For retirees, outdoor activities can be especially rewarding. A leisurely nature walk, a picnic with grandchildren, a visit to a botanical garden, or an adventure to a new destination can provide both enjoyment and health benefits. Time spent outdoors has been shown to help reduce stress, boost mood, and encourage healthy movement.

If travel is on your summer bucket list, consider visiting one of America's remarkable national parks. From the mountains and forests of the Great Smoky Mountains to the geysers of Yellowstone and the dramatic landscapes of Yosemite, our national parks preserve some of the country's most beautiful natural treasures. Many parks offer accessible paths, scenic drives, educational programs, and guided tours that make exploring easy and enjoyable for visitors of all ages.

You don't have to travel far to celebrate. Local parks, lakes, trails, and recreation areas can provide the perfect setting for a morning walk, an outdoor concert, a family gathering, or a quiet moment to enjoy nature's beauty.

As you make the most of the summer season, take time to explore, connect, and recharge outdoors. National Parks & Recreation Month is a wonderful opportunity to appreciate the parks and recreational spaces that help enrich our lives and bring communities together. Whether your adventure takes you across the country or just around the corner, there's no better time to get outside and enjoy all that nature has to offer.

What's your favorite park, trail, or outdoor destination? We'd love to hear about the places you enjoy visiting during the summer months! 🌳 ⚙️ 🧑 🏠

The information in this article is intended to provide guidance about the retiree benefit plans presently sponsored by Lumen Technologies, Inc. and doesn't waive any reserved rights the company has with regard to the plans for their benefits, nor does this affect the terms of the written agreement specific to Legacy Qwest Pre-1991 and Legacy Qwest ERO'92 retirees. If there is any difference between the information in this article and the terms of the official plan documents, the terms of the official plan documents will govern. If you have any questions regarding your benefits, please consult the Annual Enrollment Summary of Material Modifications (SMM), the Summary Plan Description and prior SMM's, or call the claims administrator for the plan or the Service Center directly.