



PROCLAMATION

Declaring Women's Health Month in Marysville

WHEREAS, Women's Health Month is a reminder for women to take care of themselves and to make their health a priority and build positive health habits for life; and

WHEREAS, the 21st annual National Women's Health Week kicks off on Mother's Day, May 10, and is celebrated through May 16, 2020; and

WHEREAS, some ways that women can improve their physical and mental health include:

- Getting regular medical checkups and preventive screenings,
- Being physically active,
- Eating healthy foods,
- Paying attention to mental health, including getting enough sleep and managing stress, and
- Avoiding unhealthy behaviors like smoking, texting while driving, and not wearing a seatbelt or bicycle helmet; and

WHEREAS, the U.S. Department of Health and Human Services' Office on Women's Health offers resources including an online tool for customized tips to improve healthy eating and physical activity habits at womenshealth.gov/nwhw/find-your-health; and

WHEREAS, everyone can take some steps toward better health, and a good way to do that is by reflecting on your own health goals and motivation; and

NOW, THEREFORE I, JON NEHRING, MAYOR, on behalf of the City Council and our community, do hereby proclaim May 2020 as

WOMEN'S HEALTH MONTH

in the City of Marysville. I encourage all residents of Marysville to pursue positive health practices and be the healthiest person you can be.

Under my hand and seal this twenty-seventh day of April, 2020.

THE CITY OF MARYSVILLE

Jon Nehring, Mayor