



# Proclamation

In recognition of

## “Healthy Living Month”

**Whereas**, Healthy Living Month is a community-wide initiative to promote healthy bodies and healthy minds; and

**Whereas**, many governmental bodies in Park Ridge have joined together and planned a variety of fun and educational activities to raise awareness about making sensible choices relating to one’s health and lifestyle; and

**Whereas**, Healthy Living Month encourages healthy behavioral choices through education; and

**Whereas**, various activities are planned throughout the month of April for the community focusing on health, nutrition, fitness, safety, and understanding the environment, including: Nutrition Week (April 3 - 7); Neat to Use Your Feet Week (April 10 - 14); Go Green Week (April 17 - 21); and Screen-Free Week (April 24 - 28).

**Now Therefore**, I, Marty Maloney, Acting Mayor of the City of Park Ridge, in the County of Cook, and State of Illinois, do hereby declare the month of April as

## “Healthy Living Month”

in the City of Park Ridge, Illinois and encourage all residents of the Park Ridge community to join the campaign, educating themselves, family, and friends about the importance of maintaining a healthy lifestyle and the nutritional benefits of healthy eating habits in order to achieve optimum health for today and tomorrow.

**In witness whereof**, I have hereunto set my hand and caused the Seal of the City of Park Ridge to be affixed this 5<sup>th</sup> day of April, A.D., Two thousand and seventeen.

Attest:

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Marty Maloney, Acting Mayor

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Betty W. Henneman, City Clerk