



Proclamation

WHEREAS, the goal of National Wellness Week is to inspire individuals, families, behavioral health and primary care providers, peer-run, faith-based and other community organizations to improve health behaviors; and

WHEREAS, the Eight Dimensions of Wellness are emotional, environmental, financial, intellectual, occupational, physical, social and spiritual; and

WHEREAS, the Eight Dimensions of Wellness can be incorporated into a holistic lifestyle by exploring talents, skills, interests, social connections and environmental conditions; and

WHEREAS, wellness is more than a reduction of risk factors or the absence of disease, illness or stress; and

WHEREAS, National Wellness Week's overall theme is Living Wellness; and

WHEREAS, wellness is not static or finite; rather, it's a continuous journey; and

WHEREAS, it takes a village to support people to live well – within our bodies, minds and communities.

NOW, THEREFORE, I, GENO R. MARTINI, Mayor of the City of Sparks, Nevada, do hereby proclaim September 16 through September 22, 2013 as

“NATIONAL WELLNESS WEEK”

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the City of Sparks, Nevada to be affixed this 22nd day of August, 2013.

A handwritten signature in black ink that reads "Geno R. Martini".

GENO R. MARTINI, Mayor

ATTEST:

A handwritten signature in blue ink that reads "Teresa Gardner".

TERESA GARDNER, City Clerk

