

WHEREAS, National Women’s Health Week is observed beginning on Mother’s Day each year and serves as a reminder for women to take care of themselves and to make their health a priority; and

WHEREAS, Women can improve or maintain their physical and mental health by having regularly scheduled check-ups and preventative screenings; and

WHEREAS, Women can improve or maintain their physical and mental health by Getting active — Taking walks, dancing to your favorite music or beginning a new exercise program; and

WHEREAS, Women can improve or maintain their physical and mental health by eating a healthy diet, and paying attention to their mental health, which may include getting enough sleep and managing stress; and

WHEREAS, Women can also improve or maintain their physical and mental health by avoiding unhealthy behaviors such as smoking, texting while driving and wearing a seatbelt or bicycle helmet,

NOW, THEREFORE, I, Lester M. Miller do hereby proclaim May 9-15, 2021 as:

“NATIONAL WOMEN’S HEALTH WEEK”

in Macon-Bibb County, and I encourage all citizens to celebrate the progress made in protecting women's health and to promote awareness, preventive care, and educational activities that improve the health of all women.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the Consolidated Government to be affixed this ____ day of May 2021.

Lester M. Miller
Mayor