CITY OF BLUE RIDGE
PROCLAMATION 2018-0508-001

Good health is one of life's greatest blessings. Unfortunately, many men take their health for granted. We must encourage men to maintain and improve their health by taking simple, manageable steps, such as excercising, eating a balanced diet and refraining from smoking.

Legislation creating National Men's Health Week was signed into law in 1994, and this annual observance provides us with the opportunity to renew our efforts toward addressing this issue. Among the significant risks men face are high blood pressure, high choleserol, diabetes and several types of cancers, including prostate, testicular, lung and colon cancer.

As we prepare to celebrate Father's Day, I encourage all men to recognize the importance of seeking preventative, timely and appropriate medical care. Let us all - both men and women - remain mindful of the important role preventative medical care can have in our lives and the lives of our loved ones. Together we can make a difference.

NOW, THEREFORE I, Rhonda Williams, Mayor of the City of Blue Ridge, do hereby proclaim the month of June, as Men's Health Month and the week of June 11 - 17, 2018 as Men's Health Week in this city.

IN WITNESS WHEREOF, I have set my hand and caused the Seal of the City to be affixed this 8th day of May in the year 2018.

Mayor Rhonda Williams
City of Blue Ridge