

# City of Poulsbo

Office of Mayor Rebecca Erickson



## PROCLAMATION

- WHEREAS,** May 29, 2024, is designated as *National Senior Health and Fitness Day*; and
- WHEREAS,** it is the nation's largest annual older adult health and wellness event with more than 100,000 seniors participating at local events across the country on the same day;
- WHEREAS,** the goals of *National Senior Health & Fitness Day* are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities.
- WHEREAS,** it is appropriate to honor our mature citizens for their many contributions to the vitality and strength of our community; and
- WHEREAS,** the United States Surgeon General has determined that regular physical activity results in significant health benefits and improved quality of life for older adults; and
- WHEREAS,** all older adults can participate in activities that improve and maintain their health;

**NOW, THEREFORE, I, Rebecca Erickson, Mayor of the City of Poulsbo, Washington,** do hereby proclaim Wednesday, May 29, 2024, as

### **National Senior Health & Fitness Day**

in the City of Poulsbo and encourage all citizens to join me in recognizing this important initiative.



Dated this 21st day of February 2024.

Rebecca Erickson, Mayor