

## **TOWN OF CLAYTON AMERICAN HEART MONTH PROCLAMATION**

WHEREAS, the American Heart Association is the only voluntary health agency whose sole mission is to build healthier lives, free of cardiovascular disease and stroke; and

WHEREAS, heart attacks and strokes kill and disable more people each year than all other health-related causes combined; and

WHEREAS, it is now possible to reduce this terrible toll dramatically through proper diet, exercise, and medical care; and

WHEREAS, the American Heart Association and its local affiliates have engaged in a concerted effort to focus public attention on the opportunities we have to protect ourselves against the ravages of these afflictions; and

WHEREAS, the American Heart Association provides health care, nutrition, and physical activity suggestions on its website: [www.heart.org](http://www.heart.org); and

WHEREAS, the Town of Clayton motto is "Premier Community for Active Families;" and

WHEREAS, the first Friday of each February is recognized as National Wear Red Day; and the American Heart Association is again recognizing and supporting this cause on Friday, February 1, 2013, by raising funds for research and standing with women in their fight against their number one killer- heart disease; and

WHEREAS, the American Heart Association is sponsoring HeartChase an "Amazing Race" type event on Saturday, May 18, 2013, at the Town Square; whereby participants in HeartChase will perform some type of heart healthy exercise before moving on to another checkpoint.

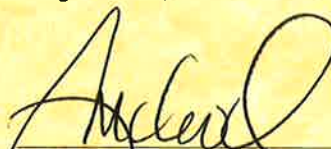
NOW, THEREFORE, the Honorable Mayor and Clayton Town Council wish to recognize the month of February as

### **"AMERICAN HEART MONTH"**

and remind our citizens of the vital importance of preventive health care and to support educational programs to help fight against heart disease and stroke.

Duly proclaimed this 23rd day of January 2013, while in regular session.



  
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Jody L. McLeod,  
Mayor