



 **Proclamation**

*WHEREAS, heart disease is the leading cause of death in the United States, and is manifested in cardiovascular disease including coronary heart disease, heart failure, stroke and high blood pressure; and*

*WHEREAS, although heart disease is one of our nation's most costly and widespread health problems, it is also among the most preventable; and*

*WHEREAS, during American Heart Month we rededicate ourselves to fighting this disease by improving our own heart-healthy habits, and by raising awareness in our home, our workplace and our communities; and*

*WHEREAS, protecting ourselves and our families from heart disease requires each of us to take responsibility for our health and that of our children – including exercising regularly, maintaining a healthy diet, avoiding tobacco, and raising our children to spend more time playing; and*

*WHEREAS, Biometric Wellness Screenings and “Knowing Your Numbers” are a great first step in controlling heart disease and improving the quality of our health, therefore Screenings are encouraged for all; and*

*WHEREAS, since obesity is a leading risk factor for heart disease, good nutrition and physical activity are crucial for ourselves and for all of our families; and*

*WHEREAS, heart disease, stroke and other cardiovascular diseases (CVD) are the No. 1 cause of death in American women; and*

*NOW THEREFORE, I, Dave Ament, Mayor of the City of New Berlin, do hereby proclaim the month of February 2017 as AMERICAN HEART MONTH and I invite all citizens to recognize **NATIONAL WEAR RED DAY on February 3rd, 2017** by wearing red to support women's heart disease awareness and remind all women about their risk for heart disease.*

*IN WITNESS WHEREOF, I do hereby set my hand and cause the Seal of the City to be affixed this 20<sup>th</sup> day of January, 2017.*



*The Honorable David A. Ament  
Mayor, City of New Berlin*