PROCLAMATION

WHEREAS, the global charity Movember Foundation's vision is to have an everlasting impact on the face of men's health; and

WHEREAS, the Movember community of over 5 million men and women have raised over $1.3 billion, funding over 1,320 programs in 20 countries – this work is saving and improving the lives of men affected by prostate cancer, testicular cancer and mental health problems; and

WHEREAS, men are dying on average 4.5 years earlier than women and for largely preventable reasons; and

WHEREAS, 1 in 8 men will be diagnosed with prostate cancer in his lifetime and treatment options for prostate cancer vary depending on a man's age, stage and grade of his cancer, as well as his other existing medical conditions; and

WHEREAS, testicular cancer is the most common cancer in males between the ages of 15 and 34: and

WHEREAS, 1 in 5 adults in the U.S. will experience a mental health problem in any given year and roughly 100 men in the U.S. die by suicide every day; and across the world, one man dies by suicide every minute of every day, with males accounting for 69% of all suicides; and

WHEREAS, "MOVING" can reduce your risk of heart disease, diabetes, and cancer by up to 50% and lower your risk of early death by up to 30%; and

WHEREAS, Lake Forest Park joins communities across our nation to challenge men to grow, and women to support, a moustache or to make a commitment to get active and MOVE, both of which spark conversations and raise vital funds and awareness for men's health.

NOW, THEREFORE, the Mayor and City Council of the City of Lake Forest Park do hereby proclaim November 2026 as

MONTH OF MOVEMBER

and urge all members of our community to join in recognizing this significant occasion and join the movement to change the face of men's health

Signed this 12th day of November 2026

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Thomas French, Mayor