

A PROCLAMATION OF THE MAYOR OF
THE CITY OF NORMAN, OKLAHOMA, PROCLAIMING THE
MONTH OF SEPTEMBER AS HEALTHY AGING MONTH IN
THE CITY OF NORMAN.

- § 1. WHEREAS, the City of Norman recognizes the importance of supporting older adults in leading vibrant, healthy, and engaged lives; and
- § 2. WHEREAS, September is nationally observed as *Healthy Aging Month*, a time to promote the positive aspects of aging and encourage individuals to take proactive steps toward physical, emotional, intellectual, and social well-being; and
- § 3. WHEREAS, healthy aging is supported by access to nutritious food, regular physical activity, social connection, lifelong learning, preventative healthcare, and safe, inclusive environments; and
- § 4. WHEREAS, Norman is a member of the AARP Network of Age-Friendly States and Communities; and
- § 5. WHEREAS, Norman is home to a variety of resources that promote healthy aging; and
- § 6. WHEREAS, the City of Norman's Adult Wellness & Education Center is a state-of-the-art facility operated by Healthy Living Norman, offering a wide range of healthy aging programming for adults aged 50 and older, These include fitness classes, personal training, art workshops, healthy cooking courses, health and nutrition classes, recreational activities, music programs, book clubs, support groups, social events, educational lectures, and access to amenities such as a fitness center, indoor warm saltwater pool, walking track, pickleball courts, billiards, teaching kitchen, art studios; and
- § 7. WHEREAS, the Adult Wellness & Education Center embodies a six-dimensional model of wellness—emotional, spiritual, intellectual, social, physical, and occupational—providing a holistic approach to aging well in our community.

NOW, THEREFORE, I, MAYOR OF THE CITY OF NORMAN, OKLAHOMA:

- § 8. Do hereby proclaim the month of September 2025, as Healthy Aging Month in Norman, Oklahoma.

PASSED AND APPROVED this 23rd day of September, 2025.

Mayor, Stephen T. Holman

ATTEST:

City Clerk

