

A PROCLAMATION OF THE MAYOR OF
THE CITY OF NORMAN, OKLAHOMA, PROCLAIMING THE
MONTH OF SEPTEMBER 2026, AS HEALTHY AGING
MONTH IN THE CITY OF NORMAN.

- § 1. WHEREAS, the City of Norman recognizes that older adults are valued members of our community whose experience, knowledge, and continued engagement strengthen the social, cultural, civic, and economic vitality of our City; and
- § 2. WHEREAS, September is recognized as “Healthy Aging Month,” and the 2026 theme “Curiosity Has No Age Limit,” celebrates lifelong learning, creativity, purpose, and resilience while encouraging people of all ages to make healthy choices that support physical, mental, social, and emotional well-being; and
- § 3. WHEREAS, research demonstrates that lifelong learning, regular physical activity, preventive healthcare, social connection, and a strong sense of purpose contribute to healthier, more independent lives, and Healthy Aging Month encourages residents to embrace new experiences and opportunities for growth at every stage of life; and
- § 4. WHEREAS, the City of Norman is proud to be a member of the AARP Network of Age-Friendly States and Communities and is supported by organizations, healthcare providers, educational institutions, volunteers, businesses, and community partners dedicated to promoting healthy aging, lifelong learning, and community engagement; and
- § 5. WHEREAS, the Adult Wellness and Education Center, operated by Healthy Living Norman, exemplifies this commitment by providing adults age 50 and older with diverse programs that promote the six dimensions of wellness—physical, emotional, intellectual, social, spiritual, and occupational—helping older adults remain active, connected, and engaged throughout their lives.

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

- § 6. Do hereby proclaim the month of September 2026, as Healthy Aging Month in Norman, Oklahoma.

PASSED AND APPROVED this 8th day of September 2026.

Mayor, Stephen T. Holman

ATTEST:

City Clerk

