



Proclamation Recognizing MEN'S HEALTH AWARENESS MONTH

WHEREAS, Good Health is one of life's greatest blessings. Unfortunately, many men take their health for granted. We want to encourage men to maintain and improve their health by taking simple, manageable steps, such as getting regular checkups, being active, eating a healthy diet, and refraining from smoking; and

WHEREAS, Legislation creating June as National Men's Health month was signed into law in 1994, and this annual observance provides us with the opportunity to renew our efforts toward addressing this issue. Among the significant risk men face are high blood pressure, high cholesterol, diabetes, stress, and several types of cancer, including prostate, lung, and colon cancer; and

WHEREAS, as we prepare for Father's Day, I encourage all Texas Men to recognize the importance of seeking preventive, timely and appropriate medical care. Let all of us - both men and women - remain mindful of the important role preventive medical and mental health care can have in our lives and the lives of our loved ones. Together we can make a difference.

NOW, THEREFORE, I, Doug Svien, Mayor of the City of Stephenville, do hereby proclaim June as

MEN'S HEALTH AWARENESS MONTH

throughout the City of Stephenville and encourage all our citizens to support the cause of raising awareness of Men's Health.

IN WITNESS WHEREOF, I have hereby set my hand and caused to be affixed the seal of the City of Stephenville, Texas, this 4th day of June 2024.

Doug Svien, Mayor