



# *Proclamation*

*Heart Month*

*February 2021*

**WHEREAS**, heart disease affects approximately 2.4 million Canadian adults, and is the second leading cause of death in Canada; and

**WHEREAS**, 9 in 10 Canadians have at least one risk factor for heart disease and stroke; and

**WHEREAS**, making healthy lifestyle choices, including regular exercise, not smoking, and eating a healthy, balanced diet, can help to reduce the risk of heart disease;

**THEREFORE**, I Susan Cassidy as Mayor of the rural community of Hanwell, do hereby proclaim that the month of February, 2021, as **Heart Month** in the rural community of Hanwell, and I encourage all Canadians to take the opportunity to learn more about the risk factors for heart disease and what can be done to prevent it; even one small change towards a healthier lifestyle can make a big difference.

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Susan Cassidy, Mayor