



City of Bethel Proclamation

National Senior Health & Fitness Day May 31, 2006

WHEREAS, the President of the United States has designated May as Older Americans Month and National Physical Fitness and Sports Month;

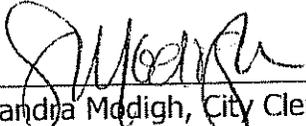
WHEREAS, it is appropriate to honor our mature citizens for their many contributions to the vitality and strength of our community;

WHEREAS, the United States Surgeon General has determined that regular physical activity results in significant health benefits and improve quality of life for older adults

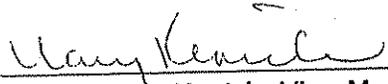
WHEREAS, all older adults can participate in activities that improve and maintain their health;

NOW, THEREFORE, BE IT RESOLVED THAT, the City of Bethel City Council, declare the May 31, 2006 to be National Senior Health & Fitness Day in Bethel, and urge all our citizens to support the efforts of local organizations that encourage older adults to enhance their lives through physical activity.

Signed this 23rd day of May, 2006.



Sandra Medigh, City Clerk



Mary Kenick, Vice-Mayor