

PROCLAMATION

BOROUGH OF RED BANK

AMERICAN HEART MONTH

WHEREAS, cardiovascular disease - including heart disease, stroke, and high blood pressure - is responsible for one out of every three deaths; it is the number one killer of American women and men, and it is a leading cause of serious illness and disability; and

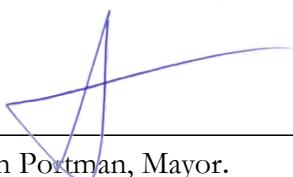
WHEREAS, across our Nation, we have lost devoted mothers and fathers, loved siblings, and cherished friends to this devastating epidemic. During American Heart Month, as we honor their memories, let us recommit to improving our heart health and continuing the fight against this deadly disease, for ourselves and our families; and

WHEREAS, Americans of all backgrounds can be at risk for heart disease and stroke - and nearly half of all adults have at least one major risk factor. However, individuals who are at high risk often do not know it, and data suggest that many people who experience sudden cardiac death do not act on early warning signs. That is why it is important to understand the risk factors for cardiovascular disease, such as obesity, inactivity, and diabetes, and to keep your blood pressure and cholesterol under control by maintaining a healthy diet, getting regular exercise, and not smoking, you can control risk factors and help protect your heart; and

WHEREAS, on Friday, February 2, I invite all Red Bank citizens to join in marking *National Wear Red Day* by wearing red, to help raise awareness of cardiovascular disease and provide an important reminder that it is never too early to take action to protect our health. This month, let us reaffirm our resolve to fight this epidemic and continue our work to build a brighter future for our families.

NOW, THEREFORE, I, William Portman, Mayor of the Borough of Red Bank, do hereby proclaim and observe *February 2024 as American Heart Month*, and I invite all citizens to participate in *National Wear Red Day on February 2, 2024* and join me in recognizing and reaffirming our commitment to fighting cardiovascular disease.

IN WITNESS WHEREOF, I have hereunto set my hand this 25th day of January 2024.

A blue ink signature of the Mayor's name.

William Portman, Mayor.