



## PROCLAMATION

- WHEREAS,** since 2008, the Department of Health and Human Services has recognized September as National Yoga Month, during which time yoga organizations offer tools to inspire health and harmony in life through the practice of yoga; and
- WHEREAS,** the goal of National Yoga Month is to provide education on the health benefits of yoga and to inspire healthy lifestyles for all Americans; and
- WHEREAS,** since 2008, the initiative has taken root as a global awareness campaign, educating, inspiring, and motivating people to achieve a healthier lifestyle; and
- WHEREAS,** yoga has been proven to provide relief to those suffering from a variety of health challenges including obesity, hypertension, heart disease, breast cancer, menopause, chronic back pain, asthma, depression, carpal tunnel syndrome, and arthritis, and with a little basic knowledge, people of all socio-economic backgrounds can use yoga to improve their health; and
- WHEREAS,** with the commitment to improve health and wellness in the City of Northglenn, the Mayor and City Council strongly support the initiative to promote the numerous health and wellness benefits of yoga.

**NOW THEREFORE,** I, Carol Dodge, Mayor Pro Tem of the City of Northglenn, Colorado, hereby proclaim the month of September 2014 as:

### NATIONAL YOGA MONTH

in the City of Northglenn and urge all citizens to join the City in recognizing the benefits of yoga and the benefits of healthy lifestyles.

Dated at Northglenn, Colorado this 8<sup>th</sup> day of September 2014.

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CAROL DODGE  
MAYOR PRO TEM

