



PROCLAMATION  
OFFICE OF THE MAYOR  
Borough of Spotswood

2018

WHEREAS, diseases of the heart are the nation's leading cause of death and stroke is the fourth leading cause of death;

WHEREAS; cardiovascular disease claims the lives of nearly 420,000 American women each year, approximately one death per minute;

WHEREAS, nearly as many women die of heart disease, stroke, and all other cardiovascular disease than the next four leading causes of death combined, including all cancers;

WHEREAS; February is designated as American Heart Month, and February 2, 2018 will mark the 15<sup>th</sup> Anniversary Celebration of "National Wear Red Day for Women;"

WHEREAS; "Go Red For Women" is the American Heart Association's national movement and call to increase awareness about heart disease - the leading cause of death for women - and to inspire women to take charge of their heart health;

WHEREAS, making the right choices relating to proper nutrition, physical activity, and other healthy lifestyle choices are essential to living a heart healthy life; and

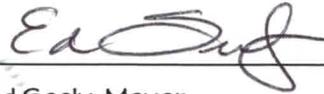
WHEREAS, by choosing to improve heart and stroke health, the American Heart Association "Go Red For Women" asks that, across America, women "Go Red" and help save lives from heart disease and stroke.

NOW, THEREFORE, I, Ed Seely, Mayor of the Borough of Spotswood, on behalf of the entire Governing Body, in recognition of the importance of the ongoing fight against heart disease and stroke, do hereby proclaim February to be American Heart Month in Spotswood, New Jersey. We particularly urge all citizens to show their support for women and the fight against heart disease. By increasing awareness, speaking up about heart disease, and empowering women to reduce their risk for cardiovascular disease, we can save thousands of lives each year.

Dated: February 5, 2018

Attest:

  
Patricia DeStefano, Municipal Clerk

  
Ed Seely, Mayor

