

**A PROCLAMATION
TO RECOGNIZE FEBRUARY AS AMERICAN HEART MONTH**

WHEREAS, each year, heart disease takes the lives of nearly 700,000 Americans and is the leading cause of death in our country; and

WHEREAS, too many of us are familiar with the pain of losing a loved one to a heart attack, stroke, or coronary heart disease; and

WHEREAS, with the adoption of a healthy lifestyle and access to good health care, these conditions can often be prevented and lives can be saved; and

WHEREAS, it is also important for every American to be aware of individuals actions we can take to keep our hearts healthy, including exercising regularly, eating well, managing weight, and avoiding smoking or vaping are proven to reduce the risk of cardiovascular disease; and

WHEREAS, during American Heart Month, may we remember the lives of all those who have been lost to heart conditions and all the people who live with these conditions each day;

NOW, THEREFORE, I, Mayor Tim Hall, proclaim February 2025 as American Heart Month and encourage all citizens to learn about heart health and take actions to keep our hearts healthy.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the City of Walhalla, South Carolina to be affixed this Twenty-first Day of January, in the year of our Lord Two Thousand Twenty-Five.



Mayor Tim Hall