

FILED
In the office of the Secretary of State
of the State of California

FEB 19 1982

MARCH FONC EU, Secretary of State

By Rhea Dedeck
Deputy

Executive Department
State of California

PROCLAMATION

WHEREAS, it is necessary for all Californians to increase their commitment to individual health by following those steps which encourage wellness; and

WHEREAS, the efforts of individual citizens have an impact on improving the general health of the entire population; and

WHEREAS, the key elements of wellness include self-responsibility, nutritional awareness, stress management, environmental sensitivity and physical fitness; and

WHEREAS, a positive approach to wellness will be successful only to the extent that people recognize how health maintenance practices fit into their individual lives; and

WHEREAS, an organized program promoting wellness throughout the state can enhance existing efforts and continue to encourage the development of good health practices by promoting and explaining those methods which best promote wellness;

NOW, THEREFORE, I, Edmund G. Brown Jr., Governor of the State of California, do hereby declare the week of February 21-28, 1982 as California Wellness Week and urge all Californians to take this opportunity to participate in those programs and practices which encourage wellness in their own lives and in the lives of their fellow citizens.

IN WITNESS WHEREOF I have hereunto set my hand and caused the Great Seal of the State of California to be affixed this 18th day of February 1982

Edmund G. Brown Jr.

Governor of California

ATTEST:

March Fonc Eu.
Secretary of State

by Rhea Dedeck
Deputy Secretary of State

