

Proclamation

WHEREAS, despite advances in medical technology and research, men continue to live on average five years less than women, and men's health is an important issue that deserves attention, awareness, and action; and

WHEREAS, Men's Health Week is observed each year as the week leading up to and including Father's Day, and serves as an opportunity to educate men, boys, and their families about the importance of a healthy lifestyle and regular medical checkups; and

WHEREAS, Men's Health Week encourages taking control of your health by seeking routine medical advice and early treatment for disease and injury; and

WHEREAS, leading causes of death among men, such as heart disease and cancer, can often be prevented or treated if found early; and

WHEREAS, engaging in regular physical activity, maintaining a healthy diet, reducing risk behaviors, and visiting a healthcare provider regularly all contribute to a longer, healthier life; and

WHEREAS, Men's Health Week provides a platform for healthcare providers, civic organizations, employers, and community leaders to promote health awareness and healthy behaviors among men and boys in our community;

NOW, THEREFORE, I, VICTORIA R. WOODARDS, Mayor of the City of Tacoma, on behalf of the City Council, do hereby proclaim June 9-15, 2025, as

MEN'S HEALTH WEEK

in the City of Tacoma and encourage all residents to raise awareness of the importance of men's health, support the health and wellness of men and boys in their lives, and participate in activities that promote a healthy lifestyle.



**WITNESS, THEREFORE, MY HAND
AND THE OFFICIAL SEAL OF THE
CITY OF TACOMA, WASHINGTON,
This 2nd day of June 2025.**

Victoria R. Woodards
VICTORIA R. WOODARDS, Mayor

