



Proclamation

Heart Month February 2013

WHEREAS, February is Heart Month in Canada.

Today, heart disease and stroke takes one life every 7 minutes and 90% of Canadians have at least one risk factor.

No one is safe from heart disease or stroke - conditions that can be devastating not only to individuals but entire families. There is much we can do to protect ourselves and our loved ones.

The Heart and Stroke Foundation, thanks to its 140,000 dedicated volunteers and two million donors from across Canada, continues to make a real difference in reducing death and disability from heart disease and stroke. Canadians have the power to *Make Health Last* by addressing the key controllable lifestyle risk factors, including: physical inactivity, poor diet and eliminating tobacco use.

THEREFORE BE IT RESOLVED THAT, I, Mayor Mike Savage, on behalf of Halifax Regional Council do hereby proclaim February 2013 as Heart Month in the Halifax Regional Municipality.



Original Signed

Mike Savage
Mayor