

OFFICE OF THE MAYOR

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PROCLAMATION

HEALTH and FITNESS WEEK APRIL 30-May 7, 2011

WHEREAS the month of May is National Health and Fitness Month;

AND WHEREAS Prince Edward County cares about the healthy future of all of our citizens and our community;

AND WHEREAS we applaud and commend the efforts of The Health and Fitness Expo to be held April 30 and May 1 at Belleville's Wally Dever Arena, and its goal to create a regional expo – bringing together local businesses, service groups and citizens in order to motivate, educate and provide the necessary tools for our communities to be active and healthy in all aspects of their lives;

THEREFORE, I, Peter A. Mertens, Mayor of the County of Prince Edward, do hereby proclaim the week of April 30-May 7, 2011 as "Health and Fitness Week" in the County of Prince Edward. I further urge all citizens to engage this week in some form of physical activity, and to educate yourself on how to achieve and maintain a healthy body and mind, and to investigate all that our community has to offer to help keep you and your family healthy and fit.

DATED at Picton this 12th day of April, 2011
Peter A. Mertens, Mayor