

DISTRICT OF NORTH SAANICH

PROCLAMATION

ACTIVE AGING WEEK

**SEPTEMBER 25 –
OCTOBER 1, 2011**

WHEREAS Active Aging Week is an annual health promotion event for older adults, their families and friends and allows the participants to experience activities and exercise in a safe, friendly and fun atmosphere; and

WHEREAS the key messages of Active Aging Week encourage seniors to choose an active life to stay mentally and physically healthy as they age; and

WHEREAS older adults who are physically and mentally healthy contribute to the community as volunteers, mentors and role models; and

WHEREAS Active Aging Week supports the community's aging population, which is our fastest growing population segment and activities are hosted at multiple sites around the community by private and government organizations working together for the mutual goal of improving the health and well-being of the community's older citizens.

NOW THEREFORE I, Alice Finall, Mayor of the District of North Saanich, do hereby proclaim the week of *September 25th to October 1st, 2011* as "*Active Aging Week*" in North Saanich and I invite all citizens in the community to recognize the value of active aging programs for older adults and participate in this week's events.

IN WITNESS, I set my hand this 25th day of July 2011.


ALICE FINALL
MAYOR