**[City of (City Name)] Proclamation**
**Recognizing February as American Heart Month**

Whereas, heart disease is the leading cause of death in the United States, affecting millions of Americans each year, and heart health is a critical issue for individuals, families, and communities alike; and

Whereas, February is designated as American Heart Month to raise awareness about the importance of heart health, to promote prevention through healthy lifestyle choices, and to encourage individuals to take action to reduce their risk of heart disease; and

Whereas, simple and effective lifestyle changes, including healthy eating, regular physical activity, and not smoking, can have a profound impact on heart health and reduce the risk of cardiovascular disease; and

Whereas, the City of (City Name) is committed to promoting a healthy lifestyle for all residents, fostering awareness of heart disease prevention, and supporting the American Heart Association’s efforts to educate individuals and families about heart disease prevention; and

Whereas, during this month, we recognize the vital importance of educating our community on the risks of heart disease, promoting healthy habits, and supporting those affected by heart disease; and

Whereas, it is essential that we join together to raise awareness, encourage screenings, and provide resources for heart disease prevention in order to ensure that future generations live longer, healthier lives.

Now, therefore, I, (Mayor's Full Name), Mayor of the City of (City Name), do hereby proclaim the month of February as **American Heart Month** in the City of (City Name), and urge all residents to take proactive steps toward maintaining a healthy heart and supporting heart health awareness efforts throughout our community.

In witness whereof, I have hereunto set my hand and caused the seal of the City of (City Name) to be affixed this \_\_\_\_ day of \_\_\_\_\_\_\_\_\_\_, 2025.

(Mayor's Full Name)
Mayor, City of (City Name)