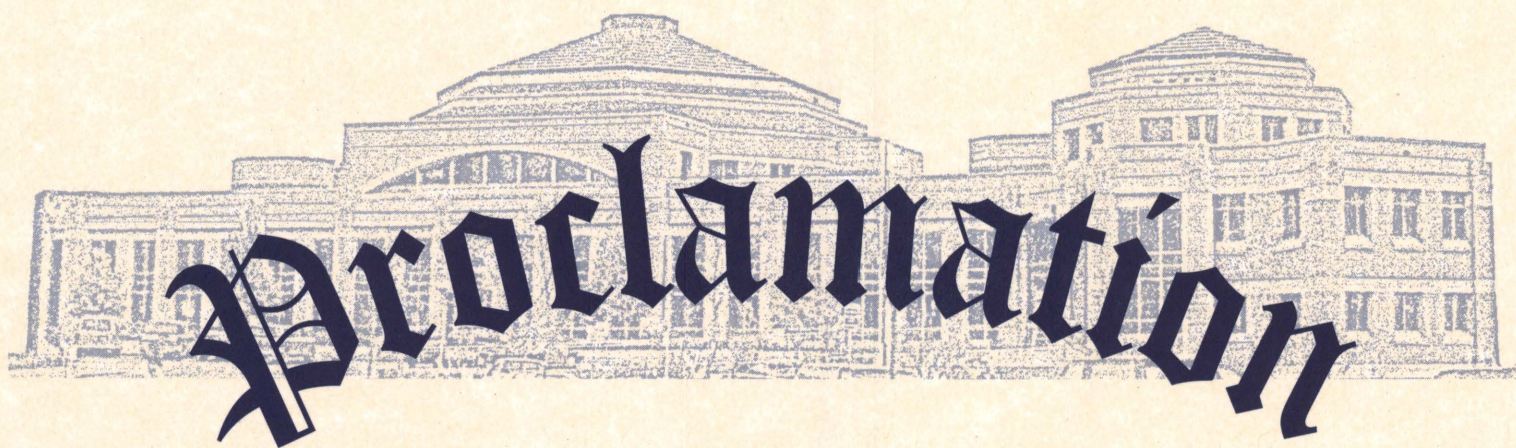


# City of Rochester



WHEREAS, local community leaders recognize that mental health, financial stress, and substance use are among the leading health priorities in Olmsted County; and

WHEREAS, local and national officials understand the importance of healthy lifestyle habits and the interconnection between individual wellness and community resilience; and

WHEREAS, Lotus Health Foundation and Rochester Clinic are working to educate community members about the link between chronic illness and poor lifestyle habits through ongoing workshops and annual Community of Wellness events; and

WHEREAS, Lotus Health Foundation and Rochester Clinic have created a two-day event in 2023 themed “Freedom from Chronic Diseases,” which focuses on health education, disease prevention, and nutrition in an effort to improve the lives of Olmsted County citizens; and

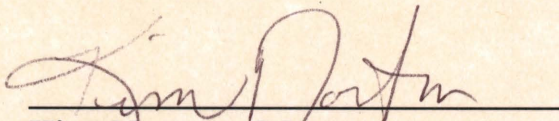
WHEREAS, The Office of Mayor Kim Norton welcomes all efforts to improve the health and well-being of citizens through community collaborations to encourage Rochester residents to commit to making small but tangible changes that can result in big impacts for the community and the planet.

NOW THEREFORE: I, Kim Norton, Mayor of the City of Rochester, celebrate the health and wellness contributions of local and national leaders and do hereby proclaim April 2023 as

## Lifestyle Wellness Awareness Month

in the City of Rochester, Minnesota, and encourage all citizens to support community wellness initiatives and join me in this special observance.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the corporate seal of the City of Rochester to be affixed this 22nd day of April, 2023.

  
Kim Norton, Mayor  
City of Rochester, Minnesota

