

# TOWN OF PORTSMOUTH, RI

## PROCLAMATION

**WHEREAS:** Wellness Week with Herren is an initiative to promote personal wellness, healthy choices and the power of being you. The goal is to prevent the misuse of substances and to empower those affected by the disease of addiction. This week will build upon our retired "Go Purple" Week to make an even bigger impact in the lives of students, individuals and communities nationwide. By practicing wellness, self-care and healthy choices, we can equip ourselves and others with proper coping skills and stress management techniques to deal with life's challenges substance-free; and

**WHEREAS:** Practicing wellness allows us to take care of our wants and needs to create healthy, happy and fulfilling lives. Wellness assists us in establishing boundaries, creating healthy habits and loving who we are. This framework helps prevent the misuse of substances and helps those in recovery feel more grounded in their sobriety. Overall physical, mental and social wellbeing help us live the amazing lives we deserve, free from the negative effects of substances; and

**WHEREAS:** Wellness gives us tools to meet life's challenges and joys substance-free & strengthen our "sense of self." Wellness is about slowing down and getting in touch with who you are; and

**WHEREAS:** Wellness Week is all about practicing healthy ways of handling life's challenges with the goal of the prevention and recovery of substance use disorder. Each day of the week, we encourage you to practice an element of wellness, connect with your best self and BE YOU, LIVE WELL!

**NOW THEREFORE** I, Kevin M. Aguiar, President of the Portsmouth Town Council, do hereby proclaim March 1-6, 2021 as

## WELLNESS WEEK WITH HERREN

in the Town of Portsmouth and I urge all citizens to celebrate by wearing purple and participating in the special events, online webinars and social media contests. Let's celebrate wellness, recovery and the power of being you and living well!

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Kevin M. Aguiar, President,  
Portsmouth Town Council

ATTEST: \_\_\_\_\_ Jennifer M. West, Town Clerk