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PROCLAMATION

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WHEREAS, food is the substance by which life is sustained; and

WHEREAS, the quality of food individuals consume each day plays a vital role in their health throughout the life cycle; and

WHEREAS, diet may be important in lowering the risk of chronic health conditions, such as high blood pressure, tooth decay, diabetes, osteoporosis and some forms of cancer; and

WHEREAS, there is a need for continuing nutrition education and a massive effort to enhance good nutrition practices;

NOW, THEREFORE, I Deal M Elliott Weston County Commissioner
name title

do hereby proclaim the month of March

NUTRITION MONTH

in Weston County, and encourage all citizens to become concerned about their nutrition and the nutrition of others in the hope of achieving optimum health for both today and tomorrow.

IN WITNESS WHEREOF, I have hereunto set my hand this first day of March, 1991.

Deal M Elliott
Name

Chairman, Weston County Commission
Title

