



Proclamation

Whereas, the health of our hearts is integral to the well-being of our lives and the vitality of our communities; and

Whereas, February is recognized as National Heart Month, a time dedicated to raising awareness about heart disease, encouraging healthy habits, and promoting cardiovascular health; and

Whereas, exercise and wellness are essential components of a healthy lifestyle that reduce the risk of heart disease, enhance physical fitness, and improve mental health; and

Whereas, the beauty and unique terrain of our mountainous neighborhood offer an ideal environment to embrace an active lifestyle, with opportunities for hiking, cycling, skiing, and outdoor activities that support heart health; and

Whereas, the residents of our mountainous community are encouraged to take advantage of the natural resources available to them, incorporating physical activity into their daily routines to boost cardiovascular health and foster a greater sense of well-being; and

Whereas, prioritizing wellness through balanced nutrition, mindfulness, and regular physical activity not only helps prevent heart disease but also enhances quality of life for individuals and families in our neighborhood.

Now therefore, I, Ronald Jubin, Mayor of the Borough of Watchung, County of Somerset, along with Members of the Council, do hereby proclaim the month of February, 2025 as

National Heart Month

in our community, and encourage all residents to adopt healthy lifestyle practices that promote cardiovascular health. Let us join together in celebrating the power of movement, embracing wellness, and utilizing the mountains surrounding us to foster stronger, healthier hearts for all.

Ronald Jubin, Ph.D. Mayor
February 27, 2025