

State of Vermont
Executive Department
A Proclamation

WHEREAS, the practice of self-care is a vital component to overall health and well-being, encompassing habits such as proper hygiene, a balanced diet, and regular physical activity for the prevention, diagnosis, treatment, and management of illnesses and injuries; and

WHEREAS, Responsible self-care practices, like maintaining a nutritious diet, and engaging in regular exercise, can reduce healthcare costs; and

WHEREAS, a balanced diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help prevent chronic diseases, such as obesity, diabetes, and heart disease, while regular physical activity can improve both physical and mental health; and

WHEREAS, mental health is an integral part of self-care, and practices such as mindfulness, stress management, and seeking support from mental health professionals can enhance overall well-being; and

WHEREAS, oral health is vital, as poor oral hygiene has been linked to preventable diseases and conditions, including cardiovascular disease, endocarditis, complications in pregnancy and birth; and

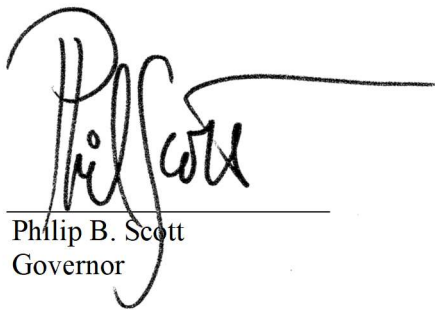
WHEREAS, Vermonters benefit from practicing appropriate self-care, including maintaining a healthy diet and engaging in regular exercise, reducing unnecessary visits to healthcare professionals, and experiencing improved health, self-esteem, and overall wellness.

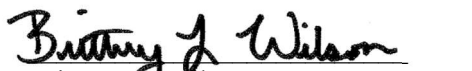
NOW, THEREFORE, I, Philip B. Scott, Governor, hereby proclaim the 24th day of July, 2024, as

SELF-CARE DAY
in Vermont.

Given under my hand and the Great Seal of the State of Vermont on this 24th day of July, A.D. 2024.




Philip B. Scott
Governor


Brittney J. Wilson
Secretary of Civil and Military Affairs