



## PROCLAMATION

### “Keep Well Society of the North Shore Week” (September 17 - 21, 2018)

- WHEREAS:** Since 1987, the North Shore Keep Well Society has been instrumental in keeping seniors out of hospitals and living healthier and independent lives longer; and
- WHEREAS:** Today, more than 500 seniors aged 60 – 97 attend weekly Keep Well classes at seven sites, from Deep Cove to Gleneagles to exercise in order to increase strength, balance and stamina, have blood pressure checks, hand and foot massage, health and nutrition information, social interaction; and
- WHEREAS:** Many seniors are still at risk of isolation and could benefit greatly from the North Shore Keep Well Society as it is widely acknowledged that physical and mental fitness contribute significantly to continuing good health and that people who have friends and support in the community stay healthier and live longer.
- NOW THEREFORE I,** Richard Walton, Mayor of the District of North Vancouver, do hereby proclaim **September 17 - 21, 2018** as “**Keep Well Society of the North Shore Week**” in the District of North Vancouver.

A handwritten signature in black ink, appearing to read 'Richard Walton'. The signature is fluid and cursive, with the first letters of the first and last names being capitalized and prominent.

Richard Walton  
MAYOR

Dated at North Vancouver, BC  
This 17<sup>th</sup> day of September 2018