PROCLAMATION

Preventative Health Awareness Month

WHEREAS: As Canadians, we are fortunate to have access to high-quality healthcare, but the ongoing global pandemic has highlighted the importance of proactive health management. People are waking up to the importance of playing an active role in their health.

By focusing on preventative care, we can take a proactive approach to our health, and "Become the CEO of Your Health." Preventative Health Awareness Month aims to give Canadians the tools today for a healthier tomorrow.

PHAM is a month-long interactive online grassroots campaign that aims to bring together doctors of conventional medicine and complementary healthcare providers to help every Canadian stock their preventative health toolbox with actionable strategies they can use to keep themselves healthy at every age and stage of life.

Nearly one-third of Canadian adults delayed seeking healthcare during the first year of the Pandemic. This has caused a great strain on our healthcare system in Canada.

This goal of this movement is to ignite meaningful conversations and provide education to everyday Canadians and businesses that will help to increase the confidence in their ability to be an active advocate for their own health.

THEREFORE: I, Mayor Patrick Brown, on behalf of Brampton City Council, do hereby proclaim February 2023 as “Preventative Health Awareness Month” in the City of Brampton.

Mayor Patrick Brown, City of Brampton