

**CITY COUNCIL**

**The City of Orange Township, New Jersey**

**DATE** January 17, 2023

**NUMBER** 23-2023

**TITLE:** **A RESOLUTION RECOGNIZING FEBURARY 2023 AS NATIONAL HEART MONTH IN THE CITY OF ORANGE TOWNSHIP**

**(Sponsored by Councilmember-At-Large Adrienne Wooten)**

**WHEREAS**, the American Heart Association proclaimed February as National Heart Month; and

**WHEREAS**, February focuses on the heart making it National Heart Month. Anyone can be at risk for heart disease; and

**WHEREAS**, more and more, our sedentary lifestyles are putting us at risk at a younger age; and

**WHEREAS**, obesity, high blood pressure, and smoking all increase our risk factors; and

**WHEREAS**, each one of those we can take action to lower our risk. Get moving. Remove stress. And quit smoking. Eat healthier; and

**WHEREAS**, even small changes help make a difference; and

**WHEREAS**, reduce the amount of fast food. Eat more greens. Take the stairs. Walk the kids to school. Go outside and play with the kids or walk the dog.

**WHEREAS**, talk to your physician about your risk factors.

**NOW THEREFORE BE IT RESOLVED** that the Municipal Council of the City of Orange Township recognize February 2023 as National Heart Month in the City of Orange Township.

Adopted: **January 17, 2023**

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Joyce L. Lanier  
City Clerk

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Tency A. Eason  
Council President

 A. MIZRAHI