

# State of Vermont House of Representatives



Montpelier, Vermont

## Concurrent House Resolution

H.C.R. 99

House concurrent resolution recognizing July 2023 as Self-Care Awareness Month in Vermont

Offered by: Representative Toof of St. Albans Town

Whereas, self-care is the daily habit of making healthy choices, including observing good hygiene practices, eating a healthy diet, getting regular exercise, and initiating preventative health care, as well as knowing when to seek assistance from health care professionals, and

Whereas, individuals can be more active and productive when they are healthy, and Vermont benefits when more Vermonters can fully participate in the workforce, and

Whereas, the World Health Organization has designated the period from June 24 to July 24 as Self-Care Month and July 24 as Self-Care Day, now therefore be it

Resolved by the Senate and House of Representatives:

That the General Assembly recognizes July 2023 as Self-Care Awareness Month in Vermont, and be it further

Resolved: That the Secretary of State be directed to send a copy of this resolution to the Consumer Healthcare Products Association.