



CITY OF BELLINGHAM  
OFFICE OF THE MAYOR  
KELLI LINVILLE

## MAYORAL PROCLAMATION

**WHEREAS** Ayurvedic medicine, also known as Ayurveda, is one of the world's oldest holistic (whole-body) healing systems. It was developed thousands of years ago in what is today India. It is based on the belief that health and wellness depend on maintaining balance between the mind, body and spirit; and

**WHEREAS** Ayurveda has been gaining in popularity, recognition and familiarity among the mass media and mainstream culture; and

**WHEREAS** It is beneficial for our citizens to use local resources including Ayurveda and its adjunctive modalities, including yoga, Ayurvedic bodywork, customized herbal formulas, pranayama, mantra and aromatherapy; and

**WHEREAS** The practice of Ayurvedic medicine makes valuable contributions in helping people live lives that are happier, healthier and in greater balance.

**NOW THEREFORE, DO I**, Kelli Linville, Mayor of the City of Bellingham, proclaim the month of October to be

### AYURVEDIC HEALTH AWARENESS MONTH

in the City of Bellingham, Washington.



Signed this 14<sup>th</sup> day of September, 2015

Kelli Linville, Mayor  
City of Bellingham