



OFFICE OF THE MAYOR

ACTION ANXIETY DAY PROCLAMATION

- WHEREAS** June 10, 2022 has been declared World Anxiety Day, to be known as Action Anxiety Day – an annual awareness and education day created in Vancouver, British Columbia, Canada by Anxiety Canada; and
- WHEREAS** Prior to the COVID-19 pandemic, at least 18 % of Canadians and up to 5.8% of the world population were affected by anxiety disorders, with women being impacted nearly twice as much as men; and
- WHEREAS** Anxiety disorders interfere with an individual’s everyday activities that may include participation in work, school, and making social connections; and
- WHEREAS** Stigma and access to affordable treatment can be major barriers to individuals living life the way they want; and
- WHEREAS** Sharing evidence-based resources and engaging communities about anxiety and anxiety disorders can reduce stigma and improve the well-being of communities

NOW THEREFORE

I, Ken Johnston, Mayor of The City of Red Deer, do hereby proclaim June 10th, 2022, as Action Anxiety Day and commend its thoughtful observance to all citizens of our municipality.

IN WITNESS WHEREOF, I have hereunto set my hand and cause the Official Seal of The City of Red Deer to be affixed.



His Worship
Ken Johnston
Mayor

