

CHIROPRACTIC HEALTH MONTH October 2014

WHEREAS, the chiropractic profession, since its founding more than 100 years ago, promotes musculoskeletal health, overall wellness and disease prevention by encouraging its patients and the public to maintain a healthy lifestyle through good nutrition, regular exercise and restful sleep; and

WHEREAS, Doctors of Chiropractic are physician-level providers who focus on the whole person in their conservative approach to health care and public health, and have particular expertise in the prevention, care, and rehabilitation of musculoskeletal injuries and conditions recognizing that a sedentary, overmedicated lifestyle is especially dangerous for joint health, wellness and longevity and there remains a need for positive encouragement to motivate the nearly 1.4 million Tennesseans who are still physically inactive to make steps forward to health; and

WHEREAS, Doctors of Chiropractic are recognized worldwide for their health and wellness enhancing and injury-prevention services, which help people to heal naturally, without the need of unnecessary drugs and surgery, and to resume their regular activities and/or achieve levels of optimal functioning; and

WHEREAS, Doctors of Chiropractic, through their regular interactions with patients and in collaboration with other health care providers within their communities, have the opportunity to educate Tennesseans on the many benefits of engaging in walking such as increased physical fitness, bone strength and improved balance and coordination, maintaining healthy weight, prevention or improved management of various health conditions, and overall enhanced sense of well-being; and

WHEREAS, Chiropractic Health Month serves as a reminder to all citizens that they can overcome pain naturally, get healthier and become active with the help of a chiropractic physician in their community; and

NOW, THEREFORE, I, J. H. Graham, III, Mayor of the City of Crossville, Tennessee, officially join with Doctors R.J. Crawford, Casey Davidson, Michael Ellis, Bill Gray, Robert Newton, and Andrew Rowan, the Tennessee Chiropractic Association, and the American Chiropractic Association in proclaiming October 2014 as **CHIROPRACTIC HEALTH MONTH** and encourage all citizens of Crossville to join in this observance.