

Proclamation

Education and action are the keys to a longer, healthier, happier life. Kicking off this year with the theme “It’s Your Time,” National Women’s Health Week aims to give women the tools they need to stay healthy, both for themselves and the ones they love.

As part of the celebration, women are encouraged to get two and a half hours of moderate physical activity and/or one and a quarter hours of vigorous physical activity each week; eat a nutritious diet; get regular health check-ups; avoid risky behavior, such as smoking; and maintain mental health by managing stress and getting adequate sleep.

In Hawai‘i, events will take place throughout the month of May to draw awareness to women’s health issues. On May 7 and 8, the 28th Annual Family Planning and Reproductive Health Conference took place at the Hyatt Regency Waikīkī Resort and Spa; on May 11 at the Kona Community Hospital, there was a community informational session on cancer prevention and treatment; on May 15, the Ka‘ū Women’s Health Awareness Fair at the Na‘alehu Community Center will focus on educating the Ka‘ū community about health care issues; and on May 17, a community health fair will be held in East Hawai‘i at Kea‘au Shipman Park.

In addition, the state Department of Health is distributing a women’s health guide, “Celebrate Your Body (Kou Kino), Your Mind (Kou Mana‘o), Your Spirit (Kou ‘Uhane), Your Health (Kou Olakino).” The guide, which contains information on the types of screening recommended for women of different ages, is available at churches, community health centers and hospitals or from the Department of Health’s Kīna‘u Hale Building at 1250 Punchbowl Street in Honolulu.

THEREFORE, I, LINDA LINGLE, Governor, and I, JAMES R. “DUKE” AIONA, JR., Lieutenant Governor of the State of Hawai‘i, do hereby proclaim **May 10–16, 2009** as

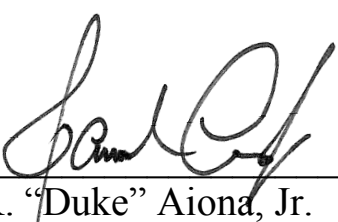
WOMEN’S HEALTH WEEK

in Hawai‘i, and encourage the women of Hawai‘i to avail themselves of the opportunities to learn more about women’s health issues.

DONE at the State Capitol, in the Executive Chambers, Honolulu, State of Hawai‘i, this twelfth day of May 2009.



Linda Lingle
Governor, State of Hawai‘i



James R. “Duke” Aiona, Jr.
Lieutenant Governor, State of Hawai‘i