

# The State of Washington



## Proclamation

**WHEREAS**, health and wellness are vital to the residents of the state of Washington; and

**WHEREAS**, many Washington State residents are turning to complementary therapies as a way of maintaining good health and coping with specific conditions; and

**WHEREAS**, complementary therapies, such as reflexology, work on a holistic level, treating the whole person, including physical, emotional, and psychological well-being; and

**WHEREAS**, reflexology is an ancient healing art form that deals with the belief that there are reflex points in the feet, hands, and ears which correspond to all parts of the body; and

**WHEREAS**, pressure applied to these points helps to create balance within the body, improving circulation, soothing the nervous system, and reducing overall stress; and

**WHEREAS**, sponsored by the Washington Reflexology Association, the goal of Reflexology Awareness Week is to make the public aware of what reflexology is and how to locate a qualified practitioner;

**NOW, THEREFORE**, I, Christine O. Gregoire, Governor of the state of Washington, do hereby proclaim September 19-26, 2010, as

### *Reflexology Awareness Week*

in Washington State, and I urge all citizens to join me in this special observance.

Signed this 10<sup>th</sup> day of September, 2010

*Christine Gregoire*  
Governor Christine O. Gregoire

