

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 that 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, the goal of Reflexology Week is to raise public awareness of reflexology as a bodywork modality and how to locate a qualified practitioner;

NOW, THEREFORE, I, Jay Inslee, Governor of the state of Washington, do hereby proclaim September 21-27, 2020, as

Reflexology Awareness Week

in Washington, and I encourage all people in our state to join me in this special observance.

Signed this 13th day of July, 2020

A handwritten signature in blue ink, appearing to read "Jay Inslee".

Governor Jay Inslee

