

# 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**, sponsored by the Washington Reflexology Association, the goal of World 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 24-30, 2018, as

### *Reflexology Awareness Week*

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



Signed this 4<sup>th</sup> day of September, 2018

Governor Jay Inslee