



WHEREAS, National Women's Health Week celebrates the extraordinary progress in women's health and recognizes that more needs to be done to safeguard the health of women for generations to come; and

WHEREAS, women from all walks of life and at every stage of life have unique health needs that should be addressed promptly and with the best medical attention available; and

WHEREAS, the partnerships with social, health, mental, and other related services help keep women healthy and safe by promoting awareness of women's health issues; and

WHEREAS, in Maryland, as well as nationwide, Heart Disease remains the leading cause of death for women, and something as simple as walking at least 30 minutes 6 days per week can reduce the risk of dying from a heart attack by 50%; and

WHEREAS, cancer is the second leading cause of death for women nationwide, and by receiving regular mammograms and clinical breast exams, we can save women's lives and provide early treatment against this horrible disease when it is detected; and

WHEREAS, women can promote health and prevent disease and illness by taking simple steps to improve their physical, mental, social, and spiritual health by not smoking, eating nutritious meals, being physically active, and receiving regular medical checkups; and

WHEREAS, women's health remains a priority for families, communities, government, and our commitment to keeping women in Rockville healthy and strong, and this year's theme is: **Women's Health 2.0 – The Era of Scale.**"

NOW, THEREFORE, the Mayor and Council of Rockville, Maryland, do hereby proclaim the week of **May 10-16, 2026**, as **National Women's Health Week**, and encourage the community to engage, keep up to date on news and activities that will benefit the health and well-being of all women and families.





Monique Ashton, Mayor



Kete Fulton, Councilmember



Izola (Zola) Shaw, Councilmember



Barry Jackson, Councilmember



Marissa Valeri, Councilmember



David Myles, Councilmember



Adam Van Grack, Councilmember

May 4, 2026