

OFFICE OF THE MAYOR  
CITY OF NAPERVILLE, ILLINOIS

# PROCLAMATION

*A Collaborative Youth Team Initiative  
To Reduce Stress & Anxiety in the Community*

March 1-31, 2019  
March Mindfulness Month


- WHEREAS,** the Collaborative Youth Team (CYT), consisting of 28 social service, education, recreation, and law enforcement Partners, coordinated by KidsMatter, collaborates to advocate the health and well-being of children and families in Naperville; and
- WHEREAS,** **Mindfulness** March involves the CYT **collective efforts** to reduce stress and anxiety in our community; and
- WHEREAS,** the March Mindfulness Movement each week will have a different Mindful theme of **Tranquility, Intentional, Presence, and Sensory Experience**. A social media campaign will ensue on **Mindful Monday's** containing videos, links to mindful resources and exercises. The campaign will conclude with a **"Technology Free"** dinner at Lou Malnatis on April 8<sup>th</sup>.

**NOW, THEREFORE,** I, Steve Chirico, Mayor of the City of Naperville, do hereby proclaim the month of March 2019 as

**Mindfulness March Month  
in the City of Naperville**

**AND FURTHER,** I encourage all residents of Naperville to engage in this health and wellness Initiative that will benefit our generation and the generations yet to come!

**IN WITNESS WHEREOF,** I have hereunto set my hand and affixed the seal of the City of Naperville this fifth day of March 2019.



Steve Chirico  
Mayor

