



## **Proclamation**

**"RECOVERY DAY"**

**September 8/2013**

WHEREAS: the disease of Addiction, in its various forms such as pathological gambling, eating disorders, alcohol and drug related harms etc., creates a tremendous burden to individuals, families and communities in the City of Nanaimo;

AND WHEREAS: many individuals and families have sought professional help and joined mutual support programs to assist in dealing with addiction-related problems and embraced recovery with honesty and humility;

AND WHEREAS: there is honour in recovery with a restoration of responsibility, dignity, self-esteem and development of an unconditional loving regard for self and others;

AND WHEREAS: there remains a stigma to acknowledging the challenges addiction-related problems poses and fully embracing the freedom that recovery represents;

AND WHEREAS: many people remain reluctant to talk about the disease of Addiction openly, seek support and live joyously in recovery;

AND WHEREAS: many people are now ready to say in unison "I AM IN RECOVERY" and I am stronger, happier, fulfilled and more connected person because of it;

AND WHEREAS: Recovery needs to be acknowledged, talked about and celebrated by individuals, families and communities;

NOW, THEREFORE, I, John Ruttan, Mayor of the City of Nanaimo, DO HEREBY PROCLAIM

"RECOVERY DAY" September 08th 2013

in the City of Nanaimo.

  
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Mayor John Ruttan.

DA TED THIS 1<sup>ST</sup> DAY OF MAY, 2013.

