



**PROCLAMATION
Make Your Move Day
May 9, 2026**

WHEREAS, Make Your Move New Glasgow aims to contribute to a cultural shift in which simple movement is valued, prioritized and increased in New Glasgow; and

WHEREAS, The Make Your Move New Glasgow movement emphasizes simple types of movement, such as standing, walking and dancing, and outdoor activities like gardening, unstructured play and cycling, which makes movement easy to incorporate into daily life and will help build understanding that when we move even a little more, we improve our overall wellness, and we feel better; and

WHEREAS, New Glaswegians are invited to celebrate Make Your Move Day on May 9 by intentionally moving more that day and every day that follows; and

THEREFORE, BE IT RESOLVED THAT, I, Mayor Nancy Dicks, do hereby proclaim May 9, 2026, as “**Make Your Move Day**” in the Town of New Glasgow.

Mayor Nancy Dicks