



PROCLAMATION

Whereas, menopause is a natural biological process typically marking the end of reproductive years and affecting millions across the United States, including many in the City of Glendale; and

Whereas, menopause and its related symptoms, including hot flashes, sleep disturbances, mood changes, and long-term health effects such as osteoporosis and cardiovascular disease, can have a significant impact on physical, mental, and emotional well-being; and

Whereas, despite the universal experience of menopause, it remains under-discussed and under-researched, often leaving many without the necessary resources or support to navigate this life stage with comfort, dignity, and understanding; and

Whereas, raising awareness about menopause is critical to eliminating the stigma and misinformation surrounding it, promoting health education, and ensuring that those who experience menopause have access to appropriate medical care, workplace accommodations, and community support; and

Whereas, the City of Glendale is committed to fostering a supportive and inclusive environment for all its residents, ensuring that their health and well-being, at every stage of life, are prioritized through education, advocacy, and public awareness; and

Whereas, by recognizing Menopause Awareness Month, we encourage open conversations, both in the workplace and in the community, about the challenges and realities of menopause, promoting a culture of understanding and empathy; and

Now, Therefore, I, Elen Asatryan, Mayor of the City of Glendale, do hereby proclaim the month of October 2024 as

Menopause Awareness Month

in Glendale and urge all residents, businesses, and institutions to join us in raising awareness, supporting awareness of this important life transition, and advocating for continued research and education on menopause.

A blue ink signature of Elen Asatryan, Mayor of the City of Glendale.

Elen Asatryan, Mayor
October 1, 2024