



STATE OF TENNESSEE  
**PROCLAMATION**

BY THE GOVERNOR

**WHEREAS**, there has been a general increase in the prevalence of sedentary lifestyles due to advances in technology and the increase in remote work, leading to an increase in musculoskeletal conditions such as low back pain and joint pain; and

**WHEREAS**, research shows that physical activity provides several important health benefits, such as weight management, increased bone and muscle strength, and decreased risk of heart disease and stroke; and

**WHEREAS**, physical activity can also provide valuable benefits to our mental health by reducing the risk of anxiety and depression, as well as enhancing sleep and quality of life; and

**WHEREAS**, chiropractors are healthcare providers who have particular expertise in the prevention, treatment and rehabilitation of musculoskeletal conditions and injuries that may inhibit movement and physical activity; and

**WHEREAS**, doctors of chiropractic through their regular interactions with patients and in collaboration with other health care providers, have the opportunity to educate Tennesseans on the many benefits of an active, healthy lifestyle; and

**WHEREAS**, the Tennessee Chiropractic Association joins with the American Chiropractic Association in recognizing October 2023 as National Chiropractic Health Month;

**NOW, THEREFORE**, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim the month of October 2023 as

*Chiropractic Health Month*

in Tennessee and encourage all citizens to join me in this worthy observance.



**IN WITNESS WHEREOF**, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this twenty-sixth day of September, 2023.

*Bill Lee*

Governor

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Secretary of State