



— State of —  
**North Dakota**  
*Office of the Governor*

**Doug Burgum**  
*Governor*

PROCLAMATION  
**REFLEXOLOGY AWARENESS WEEK**  
SEPTEMBER 23-29, 2018

**WHEREAS**, health and wellness are vital to the residents of the State of North Dakota; and

**WHEREAS**, many North Dakota residents are turning to complementary and integrative therapies as a way of maintaining good health and coping with specific conditions; and

**WHEREAS**, complementary and integrative therapies, such as reflexology, work on a holistic level, treating the whole person, including physical, emotional and psychological well-being; and

**WHEREAS**, reflexology is an ancient healing art form that deals with the belief that there are reflex points in the feet, hands and ears which correspond to all parts of the body; and

**WHEREAS**, pressure applied to these points helps to create balance within the body, improving circulation, soothing the nervous system and reducing overall stress; and

**WHEREAS**, The International Council of Reflexology has worked since 1994 with reflexology associations around the globe during the last full week of September to celebrate World Reflexology Week and to promote a greater understanding of reflexology; and

**WHEREAS**, the North Dakota Reflexology Board, along with the North Dakota Reflexology Association, wish to be part of this global campaign to raise public awareness of the benefits of reflexology and to help members of the public locate a qualified practitioner in each of their local areas.

**NOW, THEREFORE**, as Governor of the State of North Dakota, I do hereby proclaim September 23-29, 2018, **REFLEXOLOGY AWARENESS WEEK** in the State of North Dakota.

  
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Doug Burgum  
Governor

ATTEST:

  
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Alvin A. Jaeger  
Secretary of State