

Building Social Connection and Improving Mental Health Through the Move with the Mayor®
Proclamation

WHEREAS, loneliness and social isolation represent significant public health challenges in the United States, affecting physical health, mental well-being, and overall quality of life; and

WHEREAS, research indicates that approximately one-third of American adults experience consistent loneliness or isolation, with veterans and older adults facing particularly high rates due to life transitions, geographic separation from support networks, and other factors; and

WHEREAS, loneliness and social isolation increase the risk of chronic diseases, mental health disorders, cardiovascular conditions, and premature mortality; and

WHEREAS, social connection strengthens immune function, reduces depression and anxiety, and contributes to longer, healthier lives; and

WHEREAS, the National Forum for Heart Disease & Stroke Prevention recognizes that addressing loneliness and social isolation while promoting physical activity creates comprehensive health benefits for communities; and

WHEREAS, the Move with the Mayor® Spring Mental Health and Physical Activity Challenge promotes physical activity while fostering social connections among residents, with special emphasis on reaching veterans, seniors, families, and residents who benefit significantly from movement, wellness, and community engagement; and

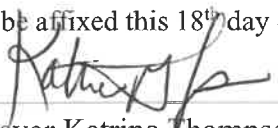
WHEREAS, the Village of Broadview remains committed to creating opportunities that encourage healthy lifestyles, strengthen relationships, reduce isolation, and support the mental, emotional, and physical wellness of all residents; and

WHEREAS, this initiative aligns with Mental Health Awareness Month in May, providing an opportunity for the Village of Broadview to prioritize the well-being of all residents, particularly those who may face barriers to staying active and connected;

NOW, THEREFORE, I, Mayor Katrina Thompson, Mayor of the Village of Broadview, Illinois, do hereby proclaim our support for efforts that promote physical activity, social connection, and mental wellness as essential components of a healthy and thriving community; and

BE IT FURTHER PROCLAIMED that the Village of Broadview encourages all residents to participate in the Move with the Mayor® Spring Challenge and related wellness activities that promote active living, healthy relationships, community engagement, and meaningful connections that strengthen our collective health and resilience.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Seal of the Village of Broadview to be affixed this 18th day of May, 2026.



Mayor Katrina Thompson
Village of Broadview