



City of Courtenay

Proclamation

Arthritis Awareness Month
September 2026

- WHEREAS: arthritis is one of the most common chronic health conditions in Canada, affecting people of all ages and backgrounds and having a significant impact on individuals, families, workplaces, and communities; and
- WHEREAS: arthritis encompasses more than 100 different conditions that can cause pain, inflammation, stiffness, and reduced mobility, and can affect a person's physical, emotional, and social well-being; and
- WHEREAS: many people living with arthritis face challenges that are not always visible, including chronic pain, fatigue, limitations in mobility, and barriers to participating fully in everyday activities; and
- WHEREAS: early diagnosis, appropriate treatment, physical activity, healthy living, and access to supportive resources can help people living with arthritis manage their symptoms and maintain their independence and quality of life; and
- WHEREAS: raising awareness and understanding of arthritis helps reduce stigma, encourages people to seek support, and promotes greater compassion and inclusion for those living with this condition; and
- WHEREAS: communities have an important role to play in creating accessible, inclusive environments where people of all abilities can participate, connect, and thrive.
- NOW
THEREFORE: I, Bob Wells, Mayor of the City of Courtenay, do hereby proclaim September 2026 as Arthritis Awareness Month in Courtenay, BC.

Mayor Bob Wells