

**WHEREAS,** massage therapy reduces the heart rate and blood pressure, increases blood circulation, boosts the immune system, relaxes muscles and improves range of motion; and

**WHEREAS,** research has shown that massage can be an effective part of pain management for a variety of patients; and

**WHEREAS,** Americans are increasingly turning to massage therapy for relief from injuries and certain chronic and acute conditions, to help them deal with the stresses of daily life, and to maintain good health; and

**WHEREAS,** licensed massage therapists throughout the Palmetto State are dedicated to providing quality preventive and remedial health care in a professional environment.

**NOW, THEREFORE, I,** Mark Sanford, Governor of the Great State of South Carolina, do hereby proclaim October 25 - 31, 2009, as

## **MASSAGE THERAPY AWARENESS WEEK**

throughout the state and encourage all South Carolinians to learn more about the positive health benefits of professional massage therapy.