



PROCLAMATION

Random Acts of Kindness Day – February 17th, 2025

WHEREAS kindness is a powerful force that unites people, fosters compassion, and enhances the well-being of individuals and communities alike;

AND WHEREAS scientific research has proven that kindness benefits physical and mental health by reducing stress, increasing energy, improving mood, and fostering stronger social connections;

AND WHEREAS acts of kindness are contagious, creating a ripple effect that can transform individuals, workplaces, and entire communities into more inclusive, supportive, and joyful spaces;

AND WHEREAS the Town of Sylvan Lake recognizes the importance of embracing the philosophy to "Make Kindness the Norm" by fostering an environment where respect, compassion, and care are woven into the fabric of everyday life;

AND WHEREAS, kindness in the workplace, in schools, and throughout the community creates a culture where everyone feels valued, respected, and included, while inspiring individuals to flourish and thrive;

AND WHEREAS, Random Acts of Kindness Day encourages all Sylvan Lake residents to engage in simple, meaningful acts that uplift others and contribute to a more connected and compassionate community.

NOW, THEREFORE, BE IT RESOLVED that I, Megan Hanson, Mayor of Sylvan Lake, on behalf of the Town Council, do hereby proclaim February 17, 2025, as Random Acts of Kindness Day in the Town of Sylvan Lake and encourage all residents, businesses, and organizations to commit to acts of kindness, big or small, to create a ripple effect of positivity and goodwill throughout our town.

DONE at the Town of Sylvan Lake, Alberta, this 27th day of January 2025.



Mayor