

STATE OF MICHIGAN



CERTIFICATE OF PROCLAMATION

ON BEHALF OF THE PEOPLE OF MICHIGAN,  
I, Gretchen Whitmer, governor of Michigan, do hereby proclaim

October 2025  
as  
SPINAL HEALTH CARE MONTH

**WHEREAS**, the proper function of the nervous system and the correct alignment of the spine are essential factors to the body's ability to grow and develop appropriately and to work effectively and efficiently; and,

**WHEREAS**, many Americans suffer from back pain at some point in their lives; and,

**WHEREAS**, using preventative measures while at work and at home is vital to reducing the risk of back and spinal injuries; and,

**WHEREAS**, spinal health care experts recommend preventative measures, including exercise, taking frequent stretch breaks while at work and ensuring a good night's rest with a comfortable and supportive mattress and pillows that support the weight of the neck and head; and,

**WHEREAS**, it is important to contact a health care provider for pain that lasts longer than a few weeks, is severe and doesn't improve with rest, spreads down one or both legs, causes weakness, numbness, or tingling in one or both legs, or is paired with unexplained weight loss; and,

**WHEREAS**, during this month, we join with back and spinal health care professionals throughout Michigan to remind residents of the importance of proper care for the back and spine;

**NOW, THEREFORE**, I, Gretchen Whitmer, governor of Michigan, do hereby proclaim October 2025 as Spinal Health Care Month in Michigan.

A stylized blue ink signature of Gretchen Whitmer, written in a cursive script.

Gretchen Whitmer  
Governor

