



**CHARLIE CRIST**  
GOVERNOR

***MASSAGE THERAPY AWARENESS WEEK***

WHEREAS, massage therapists have been licensed and regulated in the state of Florida since 1943, and today more than 30,000 massage therapists are licensed by the state; and

WHEREAS, an increasing number of Florida citizens report having received massage therapy; and

WHEREAS, licensed massage therapists throughout the state are actively involved in raising public awareness to improve the health and quality of life of Florida's residents; and

WHEREAS, massage therapy is a beneficial treatment for reducing pain; and

WHEREAS, massage therapy is a proven, effective means of preventative health care as well as a remedial health service; and

WHEREAS, massage therapy treatments relieve muscle spasm and restore elasticity and circulation to the soft tissues of the body, enabling improved health and mobility; and

WHEREAS, massage therapy is regarded as an effective strategy for managing stress, a major risk factor in disease; and

WHEREAS, increased awareness of the benefits of massage therapy contributes to the health and vitality of the residents of the state of Florida;

NOW, THEREFORE, I, Charlie Crist, Governor of the State of Florida, do hereby extend greetings and best wishes to all observing October 24–30, 2010 as *Massage Therapy Awareness Week*.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of Florida to be affixed at Tallahassee, the Capitol, this 30<sup>th</sup> day of July, in the year two thousand ten.



A blue ink signature of Charlie Crist, written in a cursive style.

\_\_\_\_\_  
Governor