



PROCLAMATION

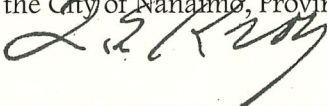
GENWELL WEEKEND
September 18 ~ 20, 2026

- WHEREAS: GenWell Weekend, taking place September 18 to 20, 2026, is a national campaign led by GenWell, Canada's Human Connection Movement, that encourages Canadians to make meaningful human connection a priority in their lives while raising awareness of the importance of social health and its impact on mental, physical, emotional, and overall well-being; and
- WHEREAS: GenWell is a Canadian charity dedicated to promoting human connection by inspiring Canadians to build stronger relationships and create healthier, happier, and more connected communities through national campaigns, education, partnerships, and community engagement initiatives; and
- WHEREAS: the goal of GenWell Weekend is to inspire people to intentionally connect with family, friends, neighbours, colleagues, and members of their community through simple, everyday acts such as sharing a meal, organizing a walk, barbecue, game night, or community activity, reconnecting with someone they have not seen in a while, introducing themselves to a new neighbour, or participating in local events that bring people together; and
- WHEREAS: while GenWell Weekend encourages face-to-face connection whenever possible, it also recognizes that distance, mobility, schedules, and other barriers may make in-person connection difficult, and encourages people to use the telephone or digital technology to meaningfully connect and maintain relationships when needed; and
- WHEREAS: meaningful human connection helps strengthen relationships, reduce social isolation, and build healthier, more resilient communities where individuals feel supported, valued, and engaged; and
- WHEREAS: the City of Nanaimo encourages residents to participate in GenWell Weekend by reaching out to family, friends, neighbours, colleagues, and fellow community members, helping to strengthen relationships, support one another, and build a more connected Nanaimo.; and

NOW THEREFORE, I, Leonard Krog, Mayor of the City of Nanaimo, do hereby proclaim September 18 ~ 20, 2026 as:

GENWELL WEEKEND

in the City of Nanaimo, Province of British Columbia.


Mayor Leonard Krog ~ City of Nanaimo
Dated this 4th day of August 2026