

raise their families, and help their neighbors, for they are the wellspring of our greatness. Finally, let us remember in our thoughts and prayers those people everywhere who join us in the aspiration for a world that is just, peaceful, free, and respectful of the dignity of every human being.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and laws of the United States of America, do hereby proclaim May 6, 2010, as a National Day of Prayer. I call upon the citizens of our Nation to pray, or otherwise give thanks, in accordance with their own faiths and consciences, for our many freedoms and blessings, and I invite all people of faith to join me in asking for God's continued guidance, grace, and protection as we meet the challenges before us.

IN WITNESS WHEREOF, I have hereunto set my hand this thirtieth day of April, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

#### **Proclamation 8515 of May 6, 2010**

#### **Military Spouse Appreciation Day, 2010**

*By the President of the United States of America*

*A Proclamation*

When Americans answer the call to serve in our Armed Forces, a sacred trust is forged. Our men and women in uniform take on the duty of protecting us all, and their spouses and families also help shoulder this important responsibility. As we mark Military Spouse Appreciation Day, we reaffirm our steadfast commitment to supporting and honoring the husbands, wives, and loved ones of our Nation's servicemembers.

At the heart of our Armed Forces, servicemembers' spouses keep our military families on track. They balance family life, military life, and their careers—all while supporting other military families and giving back to their communities. Many have served in uniform themselves and, understanding the obligations involved, can provide unparalleled support. They are pillars of strength in their families, often celebrating their children's life milestones while the other parent is away.

Military spouses also care for our wounded warriors and honor the memory of our Nation's fallen heroes, including their own loved ones. They impact countless lives on military bases and in schools, places of worship, and neighborhoods across our Nation. Their contributions help protect our freedom by strengthening our communities and our servicemembers.

My Administration is committed to improving opportunities and quality of life for these brave spouses and families who know the separation and stress of war. We are increasing servicemembers' compensation as well as funding for better housing, job training, counseling, outreach, and support for spouses and their families. We are also expanding our ground forces to reduce the strain of repeated deployments, and to give servicemembers more time with their loved ones.

There are many ways for each of us to show our appreciation for military spouses. Working through community-based organizations, workplaces, schools, and places of worship, we can help them support their families, establish or build a career, and address the unique challenges they face.

I am inspired every day by our men and women in uniform and their families. They are America's greatest military asset, and my Administration is committed to fulfilling our obligations to them. Today, let us honor the spouses and families who support our servicemembers and, in doing so, help defend our Nation and preserve our liberty.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, by virtue of the authority vested in me by the Constitution and the laws of the United States, do hereby proclaim May 7, 2010, as Military Spouse Appreciation Day. I call upon the people of the United States to honor military spouses with appropriate ceremonies and activities.

IN WITNESS WHEREOF, I have hereunto set my hand this sixth day of May, in the year of our Lord two thousand ten, and of the Independence of the United States of America the two hundred and thirty-fourth.

BARACK OBAMA

#### **Proclamation 8516 of May 7, 2010**

#### **National Women's Health Week, 2010**

*By the President of the United States of America  
A Proclamation*

In recent decades, our Nation has made extraordinary progress in promoting women's health issues. However, far too many women remain underserved and we must continue working to ensure all women can access medical services, receive fair treatment, and make healthy choices. During National Women's Health Week, we recommit to breaking existing barriers and improving the health of American women for generations to come.

Many American women face significant obstacles in caring for themselves and their families. That is why my Administration fought tirelessly to pass the Affordable Care Act, which I recently signed into law. This landmark legislation gives Americans greater control over their health care decisions and access to affordable and equitable insurance. It lowers costs for women and prohibits insurance companies from overcharging because of gender or denying coverage due to a pre-existing condition. The Affordable Care Act also requires that new health care plans cover preventive care, routine screenings, and regular checkups, as well as basic pediatric services for children. These services are vital to maintaining individual well-being, and empower women when making choices for themselves and their families. Visit [HealthReform.gov](http://HealthReform.gov) to learn more about how the Affordable Care Act benefits Americans across the country.

We have taken steps to provide access to high-quality, affordable health care, but individuals must also lead healthy lives and set a good example for their children. From scheduling regular medical examinations to applying sunscreen, simple, everyday activities can make a positive impact on