

IN WITNESS WHEREOF, I have hereunto set my hand this fourteenth day of January, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

**Proclamation 8624 of January 14, 2011**

**Martin Luther King, Jr., Federal Holiday, 2011**

*By the President of the United States of America*

*A Proclamation*

Half a century ago, America was moved by a young preacher who called a generation to action and forever changed the course of history. The Reverend Dr. Martin Luther King, Jr. devoted his life to the struggle for justice and equality, sowing seeds of hope for a day when all people might claim “the riches of freedom and the security of justice.” On Martin Luther King, Jr., Federal Holiday, we commemorate the 25th anniversary of the holiday recognizing one of America’s greatest visionary leaders, and we celebrate the life and legacy of Dr. King.

Dr. King guided us toward a mountaintop on which all Americans—regardless of skin color—could live together in mutual respect and brotherhood. His bold leadership and prophetic eloquence united people of all backgrounds in a noble quest for freedom and basic civil rights. Inspired by Dr. King’s legacy, brave souls have marched fearlessly, organized relentlessly, and devoted their lives to the unending task of perfecting our Union. Their courage and dedication have carried us even closer to the promised land Dr. King envisioned, but we must recognize their achievements as milestones on the long path to true equal opportunity and equal rights.

We must face the challenges of today with the same strength, persistence, and determination exhibited by Dr. King, guided by the enduring values of hope and justice embodied by other civil rights leaders. As a country, we must expand access to opportunity and end structural inequalities for all people in employment and economic mobility. It is our collective responsibility as a great Nation to ensure a strong foundation that supports economic security for all and extends the founding promise of life, liberty, and the pursuit of happiness to every American.

Dr. King devoted his life to serving others, reminding us that “human progress is neither automatic nor inevitable. Every step toward the goal of justice requires sacrifice, suffering, and struggle—the tireless exertions and passionate concern of dedicated individuals.” Commemorating Dr. King’s life is not only a tribute to his contributions to our Nation and the world, but also a reminder that every day, each of us can play a part in continuing this critical work.

For this reason, we honor Dr. King’s legacy with a national day of service. I encourage all Americans to visit [www.MLKDay.gov](http://www.MLKDay.gov) to learn more about service opportunities across our country. By dedicating this day to service, we move our Nation closer to Dr. King’s vision of all Americans living and working together as one beloved community.

**Proc. 8625**

**Title 3—The President**

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 January 17, 2011, as the Martin Luther King, Jr., Federal Holiday. I encourage all Americans to observe this day with appropriate civic, community, and service programs in honor of Dr. King's life and lasting legacy.

IN WITNESS WHEREOF, I have hereunto set my hand this fourteenth day of January, in the year of our Lord two thousand eleven, and of the Independence of the United States of America the two hundred and thirty-fifth.

BARACK OBAMA

**Proclamation 8625 of January 31, 2011**

**American Heart Month, 2011**

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

Heart disease is a staggering health problem and a leading cause of death for American women and men. Thankfully, there are steps each of us can take to prevent this chronic disease. In a time when one in three adults in the United States is living with some form of cardiovascular disease, American Heart Month provides an important reminder that it is never too early to take action to improve our heart health.

All Americans should be aware of risk factors that can lead to heart disease, including: high blood pressure, high cholesterol, diabetes, obesity, physical inactivity, tobacco use, and family history. Practicing everyday habits such as eating a balanced diet, maintaining a healthy weight, limiting sodium consumption, exercising regularly, avoiding tobacco, and moderating alcohol intake can reduce these risks. Each of us can be proactive about our well being, and my Administration is committed to helping Americans protect themselves from chronic conditions like heart disease. Under the Affordable Care Act, all new individual and group health plans must now provide recommended preventive care and services without a copayment, coinsurance, or deductible. These potentially life-saving screenings include blood pressure, diabetes, cholesterol, and body mass index tests, as well as counseling on quitting smoking, losing weight, and eating well. To learn more about the risk factors and prevention of heart disease, I encourage all Americans to visit: [www.CDC.gov/HeartDisease](http://www.CDC.gov/HeartDisease).

To save lives in the fight against cardiovascular disease, my Administration is investing in world-class research to prevent and treat this and other chronic diseases. We are also continuing to raise awareness of heart disease and its risk factors among Americans of all ages. First Lady Michelle Obama's *Let's Move!* initiative is safeguarding healthier hearts for the next generation by addressing the factors that contribute to childhood obesity and its serious health consequences. The National Heart, Lung, and Blood Institute's *The Heart Truth* campaign sends women of all ages an urgent message about their risk of heart disease. In support of women's heart health, I encourage all Americans to wear red or the campaign's Red Dress