

ance. 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 the lives of women. Regular exercise, coupled with a nutritious diet, helps prevent heart disease, obesity, and other chronic conditions. Visit [WomensHealth.gov](http://WomensHealth.gov) and [GirlsHealth.gov](http://GirlsHealth.gov) for more information and resources on women's health issues. I also encourage Americans to visit [www.WhiteHouse.gov/Administration/EOP/CWG](http://www.WhiteHouse.gov/Administration/EOP/CWG) to learn about the White House Council on Women and Girls—a body I created to bring women's issues to the forefront, and to emphasize women's roles as full partners in shaping and implementing our Nation's policies.

The health of American women and girls is not just a women's issue; all Americans have a vested interest. Women are the foundation of many families, and by encouraging their wellness, we also promote the vitality of our children and our communities. By standing firm in our commitment to improve women's health, we can give our daughters and granddaughters—and all Americans—a brighter future.

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 9–15, 2010, as National Women's Health Week. I encourage all Americans to celebrate the progress we have made in protecting women's health and promote prevention, awareness, and educational activities that improve the health of all women.

IN WITNESS WHEREOF, I have hereunto set my hand this seventh 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 8517 of May 7, 2010**

**Mother's Day, 2010**

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

Generations of mothers have labored tirelessly and selflessly to support and guide their children and families. Their loving, devoted efforts have broadened horizons for their children and opened doors of oppor-

tunity for our Nation's daughters and granddaughters. On Mother's Day, we pay tribute to these women who have given so much of themselves to lift up our children and shape America's character.

Julia Ward Howe, who wrote the words for the song *The Battle Hymn of the Republic*, led early efforts to establish a day honoring the influence of mothers on our lives and communities. In the ensuing decades, many Americans rallied to support this cause, including Anna Jarvis. After the loss of her own mother, Anna helped spur the nationwide institution of Mother's Day we celebrate each year.

From our first moments in this world and throughout our lives, our mothers protect us from harm, nurture our spirits, and encourage us to reach for our highest aspirations. Through their unwavering commitment, they have driven and inspired countless acts of leadership, compassion, and service across our country. Many mothers have struggled to raise children while pursuing their careers, or as single parents working to provide for their families. They have carried the torch of trailblazers past, leading by powerful example and overcoming obstacles so their sons and daughters could reach their fullest potential.

Whether adoptive, biological, or foster, mothers share an unbreakable bond with their children, and Americans of all ages and backgrounds owe them an immeasurable debt. Nurturing families come in many forms, and children may be raised by two parents, a single mother, two mothers, a step-mom, a grandmother, or a guardian. Mother's Day gives us an opportunity to celebrate these extraordinary caretakers, mentors, and providers who have made us who we are. As we honor today's mothers, we also reflect upon the memory of those who have passed, and we renew our commitment to living the values they cultivated in us.

The Congress, by a joint resolution approved May 8, 1914 (38 Stat. 770), has designated the second Sunday in May each year as "Mother's Day" and requested the President to call for its appropriate observance.

NOW, THEREFORE, I, BARACK OBAMA, President of the United States of America, do hereby proclaim May 9, 2010, as Mother's Day. Let us express our deepest love and thanks to our mothers and remember those who, though no longer with us, inspire us still.

IN WITNESS WHEREOF, I have hereunto set my hand this seventh 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 8518 of May 7, 2010**

**Peace Officers Memorial Day and Police Week, 2010**

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

As a Nation, we rely on law enforcement officers to keep our neighborhoods safe, enforce our laws, and respond in times of crisis. These men