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## **U.S. Conference of Mayors Unanimously Adopts Beverly Hills' Healthy City Resolution** *Calls for Cities to Adopt Wellness Programs*



Beverly Hills, CA – The U.S. Conference of Mayors (USCM) unanimously adopted a resolution introduced by Beverly Hills Mayor Lili Bosse to encourage cities to create health and wellness programs for their communities. The resolution passed Monday at the USCM 85<sup>th</sup> annual meeting in Miami.

“I was thrilled that the other mayors embraced the Healthy City program,” Mayor Bosse said. “Several mayors personally told me that they intend to start a Walk with the Mayor program and many others were very excited about our B.O.L.D. initiative. Health and wellness as public policy is an idea whose time has come.”

Mayor Bosse’s #bhealthycity program is a threefold approach to healthy living: Healthy People, Healthy Business, Healthy Government. One of the most popular programs is her Monday morning Walk With the Mayor. More than 100 people, dressed in bright orange, explore Beverly Hills, visiting

local businesses, public art and historic landmarks. The walks accomplish many things at once: Walkers speak with the mayor one-on-one about any City topic; they learn about local businesses and they make new friends while exercising.

Another aspect of personal health is addressed with the mayor's S.O.U.L. Sessions – Seek Original Unique Learning. At these sessions, experts present proven techniques beneficial to hearts, minds and bodies. Mayor Bosse has partnered with world famous personal transformation expert Dr. Deepak Chopra. At the first S.O.U.L. Session, Dr. Chopra led a group meditation for more 1,000 people. The next S.O.U.L. Session, a family yoga exercise, is scheduled for Sun. Aug. 13. Beverly Hills and Dr. Chopra have also created a Beverly Hills page on his JIYO smart phone platform, which aims to increase overall health and mindfulness.

Along with visiting businesses on the walks, Mayor Bosse wants to create a healthy business community by bringing new energy to the City in the evenings. On most nights, Beverly Hills shops close by 6 p.m. But the pilot B.O.L.D. program: Businesses Open Later Days, will launch in August with evening events and promotions.

Healthy government means more openness and transparency. To that end the mayor has made herself available to constituents on the walks and published more City Council meetings and events online. And Mayor Bosse attends more and diverse meetings and events to connect with her community.

Below is the text of the Healthy City resolution:

**RESOLUTION OF THE UNITED STATES  
CONFERENCE OF MAYORS RECOGNIZING THE  
CITY OF BEVERLY HILLS HEALTHY CITY  
INITIATIVE**

***WHEREAS***, the City of Beverly Hills is a Healthy City that seeks to support and practice innovative policies and programs that focus on health and wellness of the individual, the business community and local government; and

***WHEREAS***, local government can play an important role in encouraging individual health and wellness, including ample exercise, nutrition, restful sleep, and practicing yoga and meditation; and

***WHEREAS***, the City of Beverly Hills sponsored a 'Walk with the Mayor' program in 2014, which has been revitalized in 2017, whereby the mayor leads hundreds of citizens

*on a walk of at least three miles each Monday to visit businesses and other destinations in the City; and*

**WHEREAS**, *on May 12, 2017, the City of Beverly Hills hosted a free community event on the steps of City Hall where world renowned mindfulness expert Deepak Chopra led hundreds of community members in meditation, which was the first in a series of SOUL Sessions (Seek Original Unique Learning); and*

**WHEREAS**, *bringing residents and businesses together to build a stronger local economy is beneficial to the prosperity and quality of life and the wellbeing of residents, businesses and visitors; and*

**WHEREAS**, *The City of Beverly Hills is partnering with the business community in a BOLD revitalization campaign (Businesses Open Later Days) to develop evening events and programs that will bring visitors and residents into the Beverly Hills business districts in the evenings; and*

**WHEREAS**, *the City of Beverly Hills believes that a healthy government is transparent and interactive, such that residents are informed and engaged in the policies and decisions of their community by attending more face-to-face meetings and accessing multiple sources of information; and*

**WHEREAS**, *the City of Beverly Hills is working with a citizens' Sunshine Taskforce to bring government even closer to the community, through policy changes, posting more information online and informing the community of more meetings where City business is conducted; and*

**WHEREAS**, *the City of Beverly Hills hopes to inspire other cities to focus on the complete wellness of the individual, the business community and local government by developing and implementing their own healthy city campaigns; and*

**NOW THEREFORE, BE IT RESOLVED** *that the United States Conference of Mayors recognizes the efforts the City of Beverly Hills has undertaken to encourage a collective Healthy City approach to governing; and*

**BE IT FURTHER RESOLVED** *that the United States Conference of Mayors will encourage all cities to develop initiatives and programs to advance community health and wellness.*

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