



As its February 2, 2026 Regular Council Meeting of the Town of Essex approved the following proclamation:

Proclamation

Light Up for Fibromyalgia
May 12, 2026

Whereas, Fibromyalgia Awareness Day aims to raise awareness and end the stigma and discrimination that accompany this chronic illness;

Whereas, Fibromyalgia Association Canada is the only national organization in Canada that supports only fibromyalgia;

Whereas, Fibromyalgia affects about 5% of Canada's population – over 2,000,000 men, women and children of all ages and races in Canada are afflicted with this chronic illness;

Whereas, Fibromyalgia often takes an average of three (3) to five (5) years to diagnosis;

Whereas, there is no known cause of, prevention of, or cure of fibromyalgia;

Whereas, Fibromyalgia is a complex illness whose symptoms vary widely and may include debilitating chronic pain, overwhelming fatigue, and cognitive impairment;

Whereas, patients with Fibromyalgia often have a number of co-existing conditions, which may include chronic myofascial pain, irritable bowel syndrome, temporomandibular joint disorder, environmental sensitivities, anxiety and depression;

Whereas, Fibromyalgia greatly reduces quality of life, can cause total disability and also affect families, friends and employers. Living with chronic pain and fatigue on a daily basis can lead to social isolation, so it is important for sufferers and their families, friends, and caregivers to know that they are not alone;

Whereas, people with Fibromyalgia have a right to be treated with dignity and have a right to pain relief;

Whereas, together we will find ways to enhance the quality of lives for people affected by fibromyalgia and together find a cure; and



Whereas, the Town of Essex encourages local business and community members to participate by illuminating key landmarks in purple for Fibromyalgia Awareness Day.

Therefore, I, Sherry Bondy, Mayor of the Town of Essex, on behalf of the Town Council and community at large do hereby proclaim May 12, 2026 as Fibromyalgia Awareness Day in the Town of Essex.

Sherry Bondy
Mayor of the Town of Essex

