

## Get Started on Your National Chiropractic Health Month 2023 Proclamation

**Attention TCA Members:** The 2023 National Chiropractic Health Month [sample proclamation](#) is now available online! The Texas Chiropractic Association (TCA) encourages everyone who would like to obtain a state or local proclamation in time for October to start the process soon.

TCA has joined forces with the [American Chiropractic Association \(ACA\)](#) in celebrating National Chiropractic Health Month with the theme, "Chiropractic: Relieve, Restore, Resume." NCHM 2023 will focus on the prevalence and impact of chronic pain and the importance of having non-drug options such as chiropractic services for pain management.

Obtaining a proclamation in your state, city or local community is one way to raise awareness of chiropractic's evidence-based, patient-centered nondrug approach to health and wellness. Last year, a record [74 proclamations](#) were signed nationwide, and we hope to keep that momentum going this year! Texas alone had more than 60 proclamations – the most of any state!

Step-by-step instructions on how to reach out to government offices are included on the sample proclamation webpage. The application process can take several weeks to complete, so get started soon so you can announce your proclamation in October.

### Keep TCA Posted on Your Progress

Once you receive your proclamation, let TCA know by emailing a photo or copy of it to [events@chirotxas.org](mailto:events@chirotxas.org) and/or posting it on social media with the hashtags #RelieveRestoreResume and #chirotxas so that TCA and ACA can find it and repost it for the entire chiropractic community to see.

[Click here to access the 2023 TCA sample proclamation for National Chiropractic Health Month.](#)

A "Chiropractic: Relieve, Restore, Resume" campaign toolkit, with additional resources and ideas on how to participate, will be available at [www.acatoday.org/NCHM](http://www.acatoday.org/NCHM).

For questions or suggestions, contact the TCA communications team at [events@chirotxas.org](mailto:events@chirotxas.org).

###

### About National Chiropractic Health Month

National Chiropractic Health Month (NCHM) is a nationwide observance held each October. The event raises public awareness of the benefits of chiropractic care and its natural, evidence-based, patient-centered, and drug-free approach to health and wellness. Learn more at [www.HandsDownBetter.org](http://www.HandsDownBetter.org).

### About the American Chiropractic Association

The American Chiropractic Association (ACA) is the largest professional chiropractic organization in the United States. ACA attracts the most principled and accomplished chiropractors, who understand that it takes more to be called an ACA chiropractor. We are leading our profession in the most

constructive and far-reaching ways — by working hand in hand with other health care professionals, by lobbying for pro-chiropractic legislation and policies, by supporting meaningful research and by using that research to inform our treatment practices. We also provide professional and educational opportunities for all our members and are committed to being a positive and unifying force for the practice of modern chiropractic. To learn more, visit [www.acatoday.org](http://www.acatoday.org).

#### **About the Texas Chiropractic Association**

For over 107 years, the Texas Chiropractic Association (TCA) has served as the essential voice for chiropractic in Texas. TCA provides protection, state-wide advocacy, information, and education for the more than 6,800 licensed doctors of chiropractic who practice in Texas, and its 1,800 members. To learn more, visit [www.chirotexas.org](http://www.chirotexas.org).