

The Legislature  
of the  
State of New Mexico

52nd Legislature, 1st Session

LAWS 2015

CHAPTER \_\_\_\_\_

HOUSE MEMORIAL 121

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Introduced by

REPRESENTATIVE GEORGENE LOUIS AND  
REPRESENTATIVE PATRICIA ROYBAL CABALLERO AND  
REPRESENTATIVE DOREEN Y. GALLEGOS AND  
REPRESENTATIVE DEBORAH A. ARMSTRONG

AND ALL MEMBERS OF THE NEW MEXICO  
HOUSE OF REPRESENTATIVES



1 A MEMORIAL

2 PROCLAIMING FRIDAY, MARCH 6, 2015 "WELL WOMAN DAY" IN THE NEW  
3 MEXICO HOUSE OF REPRESENTATIVES; RECOGNIZING THE IMPACT OF  
4 HEALTHY WOMEN ON THE FAMILIES, COMMUNITIES AND ECONOMY OF NEW  
5 MEXICO AND THE WORK OF THE WELL WOMAN PROJECT AND WELL WOMAN  
6 RADIO IN ADDRESSING WOMEN'S HEALTH AND WELLNESS.

7  
8 WHEREAS, when women are healthy, successful and  
9 thriving, their families, the community and the economy  
10 prosper; and

11 WHEREAS, there are biological and social differences  
12 between women and men that have a different impact on their  
13 respective health and well-being; and

14 WHEREAS, men and women report different reactions to  
15 stress, both physically and mentally, and they attempt to  
16 manage stress in very different ways; and

17 WHEREAS, most women are juggling many responsibilities  
18 at work, at home and in the community; and

19 WHEREAS, wellness is a balance between mind, body and  
20 spirit; and

21 WHEREAS, women's health and wellness includes not only  
22 physical health, but mental health, financial security and  
23 success, emotional and spiritual health, having healthy  
24 relationships and thriving as members of their communities;  
25 and

1           WHEREAS, women comprise half of the work force, and  
2 families depend on women's income more than ever before; and

3           WHEREAS, in forty percent of households with children  
4 under the age of eighteen, women hold the primary or sole  
5 breadwinning roles; and

6           WHEREAS, more than sixty percent of families with women  
7 in a breadwinning role are headed by single mothers, a  
8 subgroup that is often more likely to be poor; and

9           WHEREAS, research from entities such as the Pew research  
10 center have found that more and more women are taking on an  
11 increasing number of roles and responsibilities without any  
12 additional resources; and

13           WHEREAS, the *Journal of Health Care for the Poor and*  
14 *Underserved* reports that women in the United States make  
15 approximately eighty percent of the health care decisions for  
16 their families; and

17           WHEREAS, research by the American psychological  
18 association suggests that while women are more likely to  
19 report physical symptoms associated with stress, they are  
20 connecting with others in their lives, and at times, these  
21 connections are important to their stress management  
22 strategies; and

23           WHEREAS, the well woman project was founded by Giovanna  
24 Rossi in 2013 to support women to achieve their highest level  
25 of health and well-being; and

1           WHEREAS, well woman radio has been produced since 2012  
2 by Giovanna Rossi and Cristina Parry and airs monthly on  
3 topics that are important to women and to the men who love  
4 them; and

5           WHEREAS, the goal of the well woman project and well  
6 woman radio is to motivate, inspire and support each woman to:

7                   A. achieve her personal and professional goals;

8                   B. have supportive relationships and love in her  
9 life;

10                  C. decide whether, when and how to have a family;

11                  D. manage her economic life to reduce stress and  
12 increase security;

13                  E. have good health and energy to get things done  
14 daily; and

15                  F. like where she lives, feel safe and have pride  
16 in her community;

17           NOW, THEREFORE, BE IT RESOLVED BY THE HOUSE OF  
18 REPRESENTATIVES OF THE STATE OF NEW MEXICO that Friday, March  
19 6, 2015, be proclaimed "Well Woman Day" in the New Mexico  
20 house of representatives; and

21           BE IT FURTHER RESOLVED that the impact of healthy women  
22 on the families, communities and economy of New Mexico be  
23 recognized; and

24           BE IT FURTHER RESOLVED that the work of the well woman  
25 project and well woman radio be recognized for its role in

1 addressing and educating the public on matters related to  
2 women's health and wellness in New Mexico; and

3 BE IT FURTHER RESOLVED that copies of this memorial be  
4 transmitted to Giovanna Rossi and Cristina Parry.

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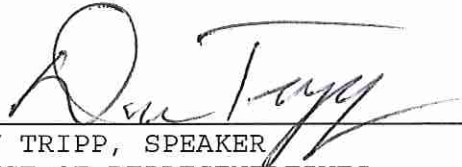
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DON TRIPP, SPEAKER  
HOUSE OF REPRESENTATIVES



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DENISE RAMONAS, CHIEF CLERK  
HOUSE OF REPRESENTATIVES