

## A Message From the Chief Nurse

### **Nurses,**

We gather with family and friends this time of year to reflect on our many blessings. We give thanks for our Nation's freedom that so many have fought to preserve. We also pause to give thanks for the nurses who selflessly dare to care each day -our unsung heroes of health.

Wherever there is suffering and despair you weep and heal.

Wherever there is a need for knowledge and guidance, you research and assure.

Wherever there is hazard and disease, you bring hope and wellness.

### THANK YOU

You promote strength in bodies, minds, and spirits.

You care about those whom others have forgotten.

You respect and honor those who have come before and teach those who will follow after.

### THANK YOU

You sacrifice your time and energy.

You matter and you make a difference.

You have faith in humanity and our Nation believes in YOU.

We can not improve the health of the world without nurses.

THANK YOU for all the moments you reach out to care.

On behalf of the Office of the Surgeon General, we wish you and your families a Happy Thanksgiving. We are honored to serve you.

This is the fifth year that the Surgeon General has declared Thanksgiving Day as Family History Day. Over the holiday and at family gatherings the Surgeon General encourages Americans to talk about and write down health problems that seem to run in families. Learning about family health histories helps ensure a longer healthier future together.

<http://www.hhs.gov/familyhistory>

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