



Citizens' Council for Health Freedom

Health Freedom Minute

May 29, 2023

Honoring Those Who Fought for Our Freedom

On May 5, 1868, Decoration Day was established to the graves of the Civil War dead with flowers. By the end of the 1800's, Memorial Day ceremonies were being held. After World War I, the day was expanded to honor the dead from all American wars.

In 1971, it became a national holiday and was placed on the last Monday in May. In 2000, a National Moment of Remembrance called all Americans to remember and honor those who have died in service to the nation at 3:00 pm local time.

Over the years, precious blood has been shed to protect our freedom. With freedom under attack nationwide, take a moment today to give thanks for those who made the ultimate sacrifice.

“The Origins of Memorial Day,” U.S. Department of Veterans Affairs, n.d.:
<https://bit.ly/3oxx1c7>

Presented daily by Twila Brase, President and Co-founder
Citizens' Council for Health Freedom.

*The Health Freedom Minute is now heard in 48 states: Mon-
Fri on more than 870 radio stations nationwide*

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