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April 26, 2008

Water Tiger School of T'ai Chi Ch'uan
104 Bailey Avenue
Patchogue, New York 11772-3904

Dear World T'ai Chi & Qigong Day Celebrants:

Congratulations on today's celebration of World T'ai Chi & Qigong Day held at Patchogue's Shorefront Park.

T'ai Chi and Qigong are traditional Chinese arts that can be traced back over 1,500 years. They are a valuable tool to improve our health, improve productivity and they are a cost effective therapy for nearly all conditions.

Today, with everyone's hectic and stressful life, these ancient Chinese arts are even more relevant. Twenty percent of the world's population practice T'ai Chi and Qigong. People of any age or physical condition can practice these traditional arts. It is truly a global activity.

I wish you much success with today's celebration of World T'ai Chi & Qigong Day.

Sincerely,

Caesar Trunzo
Senator

CT:fvs

