

State of New York  
Legislative Resolution

Assembly No. 433

BY: M. of A. Eddington



**COMMEMORATING** the Ninth Anniversary of T'ai Chi and Qigong Day in Patchogue, Suffolk County, New York, on April 25, 2009

**WHEREAS**, The State of New York takes great pride in recognizing official days established to increase awareness of ways to deal with serious issues that affect the lives of all New Yorkers; and

**WHEREAS**, Stress is a primary factor in the majority of all healthcare issues, and the practice of T'ai Chi and Qigong, Chinese methods of relaxation and rejuvenation, have presented an opportunity to take advantage of their health and fitness benefits; and

**WHEREAS**, It is the intent of this Legislative Body to commemorate the Ninth Anniversary of T'ai Chi and Qigong Day in Patchogue, Suffolk County, New York, to be celebrated on April 25, 2009; and

**WHEREAS**, T'ai Chi and Qigong are practiced by many people to lessen the impact of arthritis and chronic pain; minimize the effect of chronic conditions such as allergies and asthma; reduce stress; relieve digestive disorders; lower high blood pressure; increase flexibility; develop lower body strength; and improve balance and coordination; and

**WHEREAS**, The primary purpose of T'ai Chi and Qigong Day is to provide an opportunity, for those who have an interest in the health benefits of practicing these arts, to interact with practitioners who demonstrate the forms and answer questions and concerns about the arts, the health benefits, and the availability of instruction; and

**WHEREAS**, One of the many communities participating in the World T'ai Chi and Qigong Day is Patchogue in Suffolk County, New York; for the ninth year the residents will be able to attend this event which links them with some of Long Island's premiere T'ai Chi Qigong instructors; T'ai Chi and Qigong Day will be held in Shorefront Park on April 25, 2009; and

**WHEREAS**, By recognizing the benefits of T'ai Chi and Qigong, it is hopeful that more New Yorkers will embrace the benefits of these Chinese arts; now, therefore, be it

**RESOLVED**, That this Legislative Body pause in its deliberations to commemorate the Ninth Anniversary of T'ai Chi and Qigong Day in Patchogue, Suffolk County, New York, on April 25, 2009; and be it further

**RESOLVED**, That a copy of this Resolution, suitably engrossed, be transmitted to Laurince D. McElroy, Coordinator of the 2009 World T'ai Chi and Qigong Day - Patchogue.

**ADOPTED IN ASSEMBLY ON**  
April 20, 2009

By order of the Assembly,

A handwritten signature in black ink that reads "Laurene R. Kretzler".

Laurene R. Kretzler, Clerk

