

COUNTY OF SUFFOLK



OFFICE OF THE COUNTY EXECUTIVE

Steve Levy
COUNTY EXECUTIVE



Dear Friends,

It is with a great deal of pleasure that I offer my best wishes to the organizers and friends of the 2010 World T'ai Chi & Qigong Day. These centuries old arts of health, relaxation and self-defense have been found to reduce stress, strengthen the immune system, lessen the impact of arthritis and chronic pain, minimize the effect of chronic conditions such as allergies and asthma, improve balance and coordination, and much more.

I would also like to join with village, town, county, state and federal officials in recognizing the importance of the potential health benefits of T'ai Chi Ch'uan and Qigong, and extend my very best wishes and sincere hopes for success in educating the public of the contributions these arts provide to improve the health of the community.

Sincerely,

STEVE LEVY
Suffolk County Executive