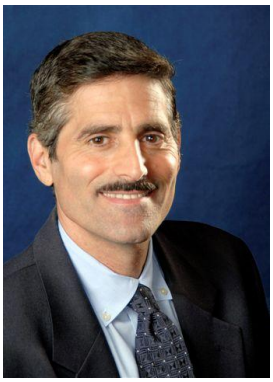
COUNTY OF SUFFOLK

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 2011 World T'ai Chi & Qigong Day. These two Chinese centuries-old arts of health, relaxation and self-defense are known to be effective additions to a wellness regimen, and this day provides an educational opportunity for all those interested in some of the potential health benefits.

I would like to join with village, town, county, state and federal officials in recognizing the importance of the potential health benefits of practicing T'ai Chi Ch'uan and Qigong. I extend my very best wishes and sincere hopes for success in bringing together our Long Island residents with some of the very best T'ai chi and Qigong instructors to answer questions and learn about ways to improve their health.

Sincerely,

Steve Levy

STEVE LEVY
Suffolk County Executive

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