



Town of Brookhaven Long Island

Edward P. Romaine, Supervisor

March 4, 2016

Dear Friends:

As the Supervisor of the Town of Brookhaven which is located in Suffolk County on Long Island, State of New York, I am pleased to join you in recognizing Saturday, April 30, 2016 as World T'ai Chi and Qigong Day.

Citizens of the world are discovering that the practice of T'ai Chi and Qigong can have a profound impact on their health and wellness. These traditional Chinese arts have been able to evolve so that they can now meet the needs of diverse populations. They have grown more popular for their proven abilities to reduce stress, improve general and specific health and wellness, provide gentle exercise, manage chronic pain and even improve personal outlook. T'ai Chi and Qigong continue to secure validation through scientific research and through daily practice. They have expanded beyond martial arts, schools and public parks and are now practiced in hospitals, libraries, corporations and many other various institutions.

Residents of Brookhaven have the opportunity to explore cultural influences from around the world. We are able to experience and enjoy the music, food and customs of many cultures. It would seem to be no coincidence that some of our residents enthusiastically embrace culturally traditional approaches to healthcare and wellness like T'ai Chi and Qigong.

I am honored to support your efforts to spread the knowledge and appreciation throughout the work of the numerous benefits T'ai Chi and Qigong can offer. I wish you all the best as you celebrate T'ai Chi and Qigong Day on April 30th.

Sincerely,

Edward P. Romaine
Supervisor
Town of Brookhaven

EPR:sd