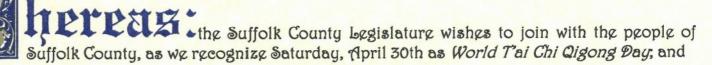


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WHEREAS, Tai Chi and Qigong is a Chinese Art, dedicated to the spiritual growth and well-being of all citizens around the world. Tai Chi and Qigong promotes stress reduction, improves breathing capacity, lowers blood pressure, boosts the immune system, slows the aging process and improves overall balance and coordination; and

WHEREAS, in effort to inform the public as to the benefits of Tai Chi and Qigong, organizers and supporters of this Chinese Art, have chosen April 30th, as a day to celebrate; and

WHEREAS, the Suffolk County Legislature, having a sincere respect and admiration for those who have dedicated their time and energy to the spiritual growth and well-being of all citizens does hereby issue this proclamation in celebration of

World Tai Chi Qigong Day

In public recognition of this achievement; now, therefore, be it

Resolved, that I, Robert Calarco, Legislator of the Seventh Legislative District, do hereby extend my congratulations, as well as the best wishes of my fellow County Legislators; and

In WITNESS WHEREOF, I have hereunto set my hand and have caused the seal of the Suffolk County Legislature to be affixed, this 30th day of April, 2016.

Suffolk County Legislator

