

Proclamation



Whereas: the Suffolk County Legislature wishes to join with the people of Suffolk County, as we recognize Saturday, April 30th as *World Tai Chi Qigong Day*; and

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

