

# Proclamation



**Whereas:** the Suffolk County Legislature wishes to join with the people of Suffolk County, as we recognize Saturday, April 29th as *World T'ai Chi Qigong Day*; and

**WHEREAS,** *T'ai Chi and Qigong* is a Chinese Art, dedicated to the spiritual growth and well-being of all citizens around the world. *T'ai 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 *T'ai Chi and Qigong*, organizers and supporters of this Chinese Art, have chosen April 29th, 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 T'ai 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 29<sup>th</sup> day of April, 2017.

Suffolk County Legislator

