



Town of Brookhaven Long Island

Jane Bonner
Councilwoman, 2nd District

April 17, 2023

Dear Friends,

As the Council representative for District Two of the Town of Brookhaven in Suffolk County on Long Island in the State of New York, I am pleased to join you in recognizing Saturday, April 29, 2023, as World T'ai Chi and Qigong Day.

From the Two forks through the Five Boroughs to the Four Corners of the Globe, 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 and 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. In region after region, 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 are blessed with the opportunity to continuously 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 we enthusiastically embrace culturally traditional approaches to healthcare and wellness like T'ai Chi and Qigong.

I am honored to support your efforts to spread knowledge and appreciation throughout the world of the numerous benefits T'ai Chi and Qigong can offer. I wish you all the best as you celebrate World T'ai Chi and Qigong Day on April 29th.

Sincerely,

Jane Bonner
Brookhaven Town Councilwoman
Second District

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