



World T'ai Chi & Qigong Day - Patchogue

Laurince D. McElroy;
Local Event Coordinator
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FOR IMMEDIATE RELEASE!

Re: **WORLD T'AI CHI & QIGONG DAY – PATCHOGUE HONORED BY SUFFOLK COUNTY LEGISLATURE**



World T'ai Chi and Qigong Day – Patchogue at Shorefront Park: The Honorable Jack Eddington, Suffolk County Legislation 7th District, presented Event Coordinator Laurince McElroy, of Water Tiger School of T'ai Chi Ch'uan in Patchogue, with a Proclamation from the Suffolk County Legislature to acknowledge April 28th as World T'ai Chi and Qigong Day. Mr. Eddington pointed out that the adults in attendance serve as active examples to the youth of Long Island of the importance of wellness in our lives, and he applauded the effort of all involved. The Proclamation points to many of the ways in which T'ai Chi and Qigong benefit stress reduction, breathing capacity, blood pressure, immune system function, balance and coordination, and the slowing of the aging process.

Contact: Laurince McElroy; 631-475-5730, or WaterTigerTC@optonline.net

*Sponsored by
Water Tiger School of T'ai Chi Ch'uan
The Village of Patchogue Department of Parks and Recreation
www.worldtaichiday.org*