



# Proclamation

*WHEREAS*, the Suffolk County Legislature wishes to join with the people of Suffolk County as we acknowledge April 26<sup>th</sup> as World T'ai Chi Qigong Day; and

*WHEREAS*, the art of T'ai Chi and Qigong, is dedicated to the spiritual growth as well as the health and welfare of all citizens; and

*WHEREAS*, the practice of T'ai Chi and Qigong, promotes stress reduction, improves breathing capacity, lowers blood pressure, boosts the immune system, slows the aging process and improves balance and coordination; and

*WHEREAS*, organizations and supporters of T'ai Chi and Qigong have selected April 26<sup>th</sup> as a day to celebrate and inform the public as to the benefits of T'ai Chi and Qigong; and


*WHEREAS*, the Suffolk County Legislature, having a sincere respect and admiration for those who have dedicated their time and energy to the health and welfare of all citizens, does hereby issue this Proclamation in celebration of

## World T'ai Chi and Qigong Day

In public recognition of such service; now, therefore, be it

*RESOLVED*, that I, Jack Eddington, Legislator of the Seventh Legislative District, do hereby extend my Congratulations, as well as the Best Wishes of my fellow County Legislators, on this very special day; and

*IN WITNESS WHEREOF*, I have hereunto set my hand and have caused the seal of the Suffolk County Legislature to be affixed this day of April twenty sixth two thousand eight.

  
*Jack Eddington*  
County Legislator ~ 7<sup>th</sup> District