



**Water Tiger School
of T'ai Chi Ch'uan**

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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 St. Francis De Sales Parish Hall: The Honorable Brian X. Foley, 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 30th as World T'ai Chi and Qigong Day. Mr. Foley pointed out that Patchogue's participation in this worldwide event is a good example of the concept "Think Global, Act Local" that reminds us that we're all interconnected, 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.

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