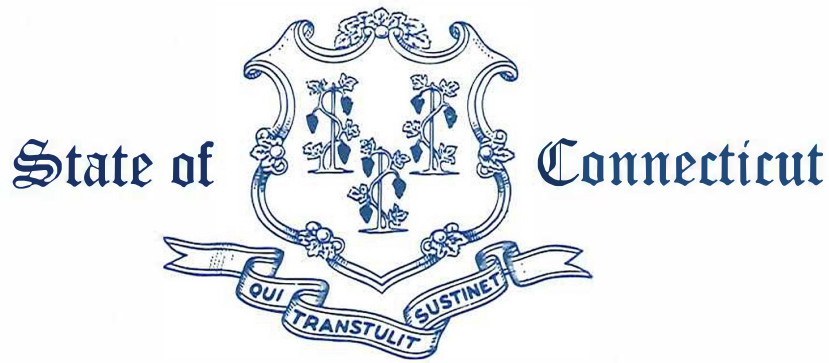




By His Excellency Ned Lamont, Governor: an
Official Statement

WHEREAS, World Tai Chi & Qigong Day is now celebrated in hundreds of cities in over 70 nations annually; and

WHEREAS, Tai Chi & Qigong provide relaxed, energetic movements and mind-body exercises for people of many fitness levels; and

WHEREAS, Tai Chi has been cited by Harvard Health Publishing, and medical studies indicate the benefits of Tai Chi including stress relief, immune system enhancement, improved balance and coordination for the elderly, and management of behavior and substance abuse disorders, among other conditions; and

WHEREAS, numerous studies relating to general health reviewed by the National Institute of Health can be found at www.worldtaichiday.org; and

WHEREAS, World Tai Chi & Qigong Day is meant to bring people together to learn more about these exercises on this day of celebration and practice; now

THEREFORE, I, Ned Lamont, Governor of the State of Connecticut, do hereby officially proclaim April 26th, 2025, as

WORLD TAIJI AND QIGONG DAY

in the State of Connecticut.



Ned Lamont

GOVERNOR