



By His Excellency Ned Lamont, Governor: an

Official Statement

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

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

WHEREAS, Tai Chi and Qigong include stress relief, immune system enhancement, improved balance and coordination for the elderly, and management of behavioral and substance abuse disorders, among other conditions; and

WHEREAS, numerous studies related to general health reviewed by the National Institutes of Health can be found on the merits of Tai Chi and Qigong; and

WHEREAS, World Tai Chi and Qigong Day brings 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, in recognition of the physical, mental, and cultural significance of Tai Chi and Qigong, do hereby proclaim April 25th as

WORLD TAI CHI AND QIGONG DAY

in the State of Connecticut.



Ned Lamont

GOVERNOR