



# Proclamation

## WORLD TAI CHI AND QI GONG DAY April 27, 2019

- Whereas* World Tai Chi and Qi Gong Day is celebrated annually in more than 60 countries worldwide; and
- Whereas* Tai Chi and Qi Gong, traditional Chinese exercises, are a series of exercises that are increasingly being found to be beneficial to the health of people of many fitness levels; and
- Whereas* Tai Chi and Qi Gong are designed to provide increased strength, stress relaxation, improved balance, coordination and general body conditioning from a series of well-founded and carefully described postures and positions; and
- Whereas* World Tai Chi and Qi Gong Day provides an opportunity for all people all over the world to come together to celebrate these arts and learn more about their health and the arts of Tai Chi and Qi Gong.

Now therefore, as Mayor of the City of Prince George,  
I proclaim that **April 27, 2019** be observed as:  
“**WORLD TAI CHI AND QI GONG DAY**”  
in the City of Prince George.

Mayor Lyn Hall  
City of Prince George