

Proclamation

- WHEREAS, World T'ai Chi & Qigong Day is now celebrated in hundreds of cities in over 70 nations annually; and
- WHEREAS, T'ai Chi & Qigong, traditional Chinese exercises involve a series of mindful relaxed movements, and/or mind-body meditations increasingly found to benefit many health issues, for people of many fitness levels; and
- WHEREAS, T'ai Chi has been called "medication in motion" by Harvard Health Publication for the myriad health benefits it offers, and numerous studies have pointed to the benefits of T'ai Chi as stress relief, improved balance and coordination, among the elderly, indicated by an Emory University School of Medicine in Atlanta study, and improved behavior for adolescents with Attention Deficit and Hyperactivity Disorder, indicated by the University of Miami School of Medicine study; and
- WHEREAS, Numerous other studies relating to stress and immune system and general health have been reviewed by the National Institute of Health and can be found at: www.tchain.com/taichi and www.worldtaichiday.org; and
- WHEREAS, T'ai Chi and Qigong are used as helpful stress managers and behavior modifiers for drug abusers and prison inmates in penal systems throughout the world; and
- WHEREAS, World T'ai Chi & Qigong Day is meant to bring practitioners together, and allow people to learn more about T'ai Chi and Qigong through this day of celebration and practice, that will be celebrated around the world on Saturday, April 30, 2016;

NOW, THEREFORE, I, Steven V. Ponto, Mayor of the City of Brookfield, do hereby proclaim, April 30, 2016, as

"WORLD T'AI CHI & QIGONG DAY"

in the City of Brookfield, Wisconsin and urge all citizens to join in this observance..

Signed and sealed this 15th day of
April, Two Thousand Sixteen




Steven V. Ponto, MAYOR
City of Brookfield