

## 2015-K1214

LEGISLATIVE RESOLUTION memorializing Governor Andrew M. Cuomo to proclaim April 30, 2016, as T'ai Chi and Qigong Day in the State of New York, in conjunction with the observance of World T'ai Chi and Qigong Day

WHEREAS, The health and welfare of all citizens is a primary concern; and

WHEREAS, Stress is a factor in the ability to maintain a healthy lifestyle; and

WHEREAS, All citizens should take advantage of the opportunity to improve the quality of life through effective healthcare practices; and

WHEREAS, The practice of T'ai Chi and Qigong promotes stress reduction, improves breathing capacity, lowers high blood pressure, boosts the immune system, slows the aging process, and improves balance and coordination; and

WHEREAS, T'ai Chi and Qigong continue to receive validation through scientific research and through daily practice; and

WHEREAS, Organizations and supporters of T'ai Chi and Qigong have selected the last Saturday in April as the day to celebrate and inform others about the benefits of T'ai Chi and Qigong around the world; and

WHEREAS, On Saturday, April 30, 2016, World T'ai Chi and Qigong Day will be celebrated in public parks and public facilities across our great State and Nation; this year marks the 16th annual celebration in the Village of Patchogue; now, therefore, be it

RESOLVED, That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim April 30, 2016, as T'ai Chi and Qigong Day in the State of New York, in conjunction with the observance of World T'ai Chi and Qigong Day; and be it further

RESOLVED, That copies of this Resolution, suitably engrossed, be tran-

mitted to The Honorable Andrew M. Cuomo, Governor of the State of New York, and the Water Tiger School of T'ai Chi Ch'uan in Patchogue, New York.