Proclamation

Board of County Commissioners
Manatee County, Florida

WHEREAS, World Tai Chi and Qi Gong Day is celebrated in hundreds of cities in 70 nations every year on the last Saturday in April and Manatee County has hosted a World Tai Chi Day event for the past four years; and

WHEREAS, Tai Chi and Qi Gong are traditional Chinese exercises of mindful relaxed movements found to benefit the health of people of all ages and many fitness levels; and

WHEREAS, numerous studies have shown the benefits of Tai Chi and Qi Gong for relieving stress, improving balance and coordination, especially among the elderly, and improving the behavior of adolescents with attention deficit and hyperactivity disorder; and

WHEREAS, medical research has also shown Tai Chi and Qi Gong is beneficial in reducing stress and tension, increasing the immune system, improving cardiovascular function, increasing muscle tone and bone density, improving flexibility, and improving general health and well-being; and

WHEREAS, Manatee County’s Parks and Natural Resources Department will be hosting a free event to celebrate World Tai Chi Day, bringing people together to learn more about Tai Chi and Qi Gong through this day of celebration and practice that will occur around the world on Saturday, April 27, 2019.

NOW, THEREFORE, BE IT PROCLAIMED by the Board of County Commissioners of Manatee County, Florida, that April 27, 2019, shall be known, designated, and set aside as

WORLD TAI CHI AND QI GONG DAY

in Manatee County, Florida.

ADOPTED with a quorum present and voting this 23rd day of April 2019.

BOARD OF COUNTY COMMISSIONERS
MANATEE COUNTY, FLORIDA

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Stephen R. Jonsson, Chairman

ATTEST: Angelina Colonneso
Clerk of the Circuit Court