



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

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 disorders; and

WHEREAS, medical research has also shown Tai Chi and Qi Gong are 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, World Tai Chi and Qi Gong Day is meant to bring practitioners together and to allow people 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 28, 2018.

NOW, THEREFORE, BE IT PROCLAIMED by the Board of County Commissioners of Manatee County, Florida, that April 28, 2018, 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 24th day of April 2018.

**BOARD OF COUNTY COMMISSIONERS
MANATEE COUNTY, FLORIDA**

Priscilla Trace, Chairman

ATTEST: *Angelina Colonnese*
Clerk of the Circuit Court
