



A Proclamation by the Governor

WHEREAS, World Tai Chi & Qigong Day is celebrated in more than 80 Nations annually on the last Saturday of the month of April; and

WHEREAS, Tai Chi Qigong, a traditional Chinese exercise is a series of mindful relaxed movements found to have health benefits for people of all ages and many fitness levels; and

WHEREAS, for all who practice the art, Tai Chi and Qigong are respected as disciplines responsible for building inner fortitude, while toning muscles, increasing flexibility, and boosting immune strength, although emphasizing the importance of balance, posture, breathing, and concentration;

NOW, THEREFORE, I BRIAN SANDOVAL, GOVERNOR OF THE STATE OF NEVADA, do hereby proclaim April 25, 2015 as

WORLD TAI CHI AND QIGONG DAY



In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Nevada to be affixed at the State Capitol in Carson City, this 27th day of March, 2015.

By the Governor:

Governor

Barbara K. Ceguske
Secretary of State

By _____

Deputy