

The State of New Hampshire
By Her Excellency
Margaret Wood Hassan, Governor

A Proclamation

TAI CHI AND QIGONG DAY
APRIL 27th, 2013

WHEREAS, On the last Saturday of April each year at 10am, tens of thousands of people in hundreds of cities across more than 70 nations come together to breathe together and provide a healing vision for our world; and

WHEREAS, Tai Chi, a traditional Chinese exercise, is a series of mindful, relaxed movements that increasingly are found to benefit the health of many across all fitness levels; and

WHEREAS, Tai Chi is recommended by the New Hampshire Falls Task Force, American Geriatric Society, and the British Geriatric Society as a fall prevention exercise program for older adults; and

WHEREAS, World **Tai Chi and Qigong Day** is meant to bring practitioners together and allow people to learn more about Tai Chi and Qigong through this day of celebration and practice;

NOW, THEREFORE, I, MARGARET WOOD HASSAN, GOVERNOR of the State of New Hampshire, do hereby proclaim **APRIL 27, 2013** as **TAI CHI AND QIGONG DAY** in the State of New Hampshire.

Given this 23rd day of April, in the year of Our Lord two thousand and thirteen, and the independence of the United States of America, two hundred and thirty-seven.



Maggie Hassan

Margaret Wood Hassan

Governor