



CITY OF BELLINGHAM  
OFFICE OF THE MAYOR  
SETH FLEETWOOD

## MAYORAL PROCLAMATION

**WHEREAS**, World T'ai Chi and Qigong Day is now celebrated in hundreds of cities in over 70 nations annually; and

**WHEREAS**, T'ai Chi and Qigong, traditional Chinese exercises involve a series of mindful relaxed movements, and/or mind-body meditations increasingly found to benefit many health issues, for people of many fitness levels; and

**WHEREAS**, T'ai Chi has been called "meditation in motion" by Harvard Health Publication for the myriad health benefits it offers, and numerous studies have pointed to the benefits of T'ai Chi as stress relief, improved balance and coordination among the elderly, indicated by Emory University of School of Medicine in Atlanta study, and improved behavior for adolescents with Attention Deficit and Hyperactivity Disorder, indicated by the University of Miami School of Medicine study; and

**WHEREAS**, numerous other studies relating to stress and immune system and general health have been reviewed by the National Institute of Health; and

**WHEREAS**, T'ai Chi and Qigong are used as helpful stress managers and behavior modifiers for drug abusers and prison inmates in penal systems throughout the world; and

**WHEREAS**, World T'ai Chi and Qigong Day is meant to bring practitioners together, and allow people to learn more about T'ai Chi and Qigong through this day of celebration and practice, that will be celebrated around the world.

**NOW, THEREFORE, DO I**, Seth Fleetwood, Mayor of the City of Bellingham, proclaim April 25, 2020 as

### WORLD T'AI CHI AND QIGONG DAY

in the City of Bellingham.



Signed this 3<sup>rd</sup> day of March, 2020

Seth Fleetwood, Mayor  
City of Bellingham