



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 3rd day of March, 2020

Seth Fleetwood, Mayor
City of Bellingham