

Assembly Resolution No. 331

**BY:** M. of A. Garbarino

**MEMORIALIZING** Governor Andrew M. Cuomo to proclaim April 29, 2017, as T'ai Chi and Qigong Day in the State of New York, in conjunction with the observance of World T'ai Chi and Qigong Day

**WHEREAS,** The health and welfare of all citizens is a primary concern; and

**WHEREAS,** Stress is a factor in the ability to maintain a healthy lifestyle; and

**WHEREAS,** All citizens should take advantage of the opportunity to improve the quality of life through effective healthcare practices; and

**WHEREAS,** The practice of T'ai Chi and Qigong promotes stress reduction, improves breathing capacity, lowers high blood pressure, boosts the immune system, slows the aging process, and improves balance and coordination; and

**WHEREAS,** T'ai Chi and Qigong continue to receive validation through scientific research and through daily practice; and

**WHEREAS,** Organizations and supporters of T'ai Chi and Qigong have selected the last Saturday in April as the day to celebrate and inform others about the benefits of T'ai Chi and Qigong around the world; and

**WHEREAS,** On Saturday, April 29, 2017, World T'ai Chi and Qigong Day will be celebrated in public parks and public facilities across our great State and Nation; this year marks the 17th annual celebration in the Village of Patchogue; now, therefore, be it

**RESOLVED,** That this Legislative Body pause in its deliberations to memorialize Governor Andrew M. Cuomo to proclaim April 29, 2017, as T'ai Chi and Qigong Day in the State of New York, in conjunction with the observance of World T'ai Chi and Qigong Day; and be it further

**RESOLVED,** That copies of this Resolution, suitably engrossed, be transmitted to The Honorable Andrew M. Cuomo, Governor of the State of New York, and the Water Tiger School of T'ai Chi Ch'uan in Patchogue, New York.