



# State of North Carolina

**ROY COOPER**  
GOVERNOR

**WORLD TAI CHI AND QIGONG DAY**

**2018**

**BY THE GOVERNOR OF THE STATE OF NORTH CAROLINA**

## **A PROCLAMATION**

**WHEREAS**, Tai Chi is a slow-motion, moving, meditative exercise for relaxation and self-defense; Qigong is a self-healing art that combines breathing, movement, and meditation with visualizations employed to enhance the mind/body connection and assist in healing; and

**WHEREAS**, originally from China, Tai Chi and Qigong have gained enormous popularity in the United States and throughout the world for their health benefits; and

**WHEREAS**, scientific and medical studies have proven the benefits of Tai Chi and Qigong for stress relief, improved balance and coordination among the elderly, and improved behavior for adolescents with attention deficit/hyperactivity disorder (ADHD); and

**WHEREAS**, Tai Chi and Qigong are used as helpful stress managers and behavior modifiers for drug abusers and incarcerated individuals in penal systems throughout the United States; and

**WHEREAS**, World Tai Chi and Qigong Day is celebrated annually around the world on the last Saturday in April; this observance is meant to bring practitioners together, and allow people to learn more about Tai Chi and Qigong through a day of celebration, peace, and harmony;

**NOW, THEREFORE**, I, ROY COOPER, Governor of the State of North Carolina, do hereby proclaim April 28, 2018, as “**WORLD TAI CHI AND QIGONG DAY**” in North Carolina, and commend its observance to all citizens.



  
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Roy Cooper  
Governor

**IN WITNESS WHEREOF**, I have hereunto set my hand and affixed the Great Seal of the State of North Carolina at the Capitol in Raleigh this nineteenth day of April in the year of our Lord two thousand and eighteen and of the Independence of the United States of America the two hundred and forty-second.