

Proclamation

World Tai Chi & Qigong Day

WHEREAS, World Tai Chi & Qigong Day is now celebrated in hundreds of cities in over 70 nations annually, and

WHEREAS, Tai Chi & 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, Tai Chi has been called "medication in motion" by Harvard Health Publication for myriad health benefits; and when combined with standard medical treatment, appears to be helpful with many medical conditions, such as arthritis, low bone density, breast cancer, heart disease, hypertension, Parkinson's disease, sleeping disorder and stroke; and

WHEREAS, World Tai Chi & 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 celebrated around the world on the last Saturday of April each year;

NOW; THEREFORE; the City Council of the City of Edina, does hereby proclaim April 25, 2015, as

World Tai Chi & Qigong Day

In Edina

IN WITNESS WHEREOF, I do hereby set my hand, and cause the Seal of the City of Edina to be affixed, this 7th day of April 2015.

James B. Hovland, Mayor