

Proclamation

Be it known that

Whereas,

World Tai Chi & Qigong Day is a global event celebrated in over 65 nations; and

Whereas,

Tai Chi is a martial art form that also provides health benefits for all ages, including stress reduction, improved coordination and flexibility, as well as bringing people closer to nature and the environment; benefits also supported by Qigong practice; and

Whereas,

All citizens can learn Tai Chi/Qigong basics and help create a "wave of healing energy around the world" by joining Central Texas Tai Chi practitioners for local World Tai Chi & Qigong Day activities April 27, 2024 at 9:30 am on the Great Lawn of the Asian American Resource Center, 8401 Cameron Road;

Now, Therefore,

I, Kirk Watson, Mayor of the City of Austin, Texas, do hereby proclaim

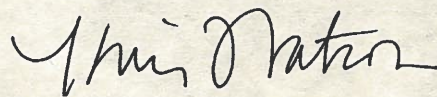
April 27th, 2024

as

World Tai Chi and Qigong Day

in Austin.

In witness whereof, I have hereunto set my hand and caused the seal of the City of Austin to be affixed this 27th Day of April in the Year Two Thousand Twenty Four



Kirk Watson, Mayor, City of Austin

