

## 2017-J1478

Senate Resolution No. 1478

BY: Senator CROCI

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.