Proclamation

T'ai Chi and Qigong Day
April 30, 2016

WHEREAS, *World T'ai Chi and Qigong Day is celebrated in 80 nations annually; and*

WHEREAS, *T'ai Chi and Qigong are ancient Chinese arts that provide health benefits to people of all ages, including stress reduction, improved focus, coordination, flexibility and balance and brings people together in harmony with the environment; and*

WHEREAS, *World T'ai Chi and Qigong Day is always celebrated around the world on the last Saturday of April each year; and*

NOW, THEREFORE, *I, Harvey C. Skoog, Mayor of Prescott Valley, do hereby proclaim April 30, 2016 as:*

"T'ai Chi and Qigong Day"

in Prescott Valley, Arizona and encourage our citizens to help create 'a wave of healing energy' by joining in this worldwide event.

IN WITNESS THEREOF*, I have hereunto set my hand and caused the Seal of the Town of Prescott Valley to be affixed this 14th day of April, 2016.*

Attest: Diane Russell **Mayor:** Harvey C. Skoog

Diane Russell, Town Clerk ***Harvey C. Skoog, Mayor***

TOWN OF PRESCOTT VALLEY 1916 FOUNDED 1966

Town of Prescott Valley