



STATE OF TENNESSEE
PROCLAMATION
BY THE GOVERNOR

WHEREAS, Tai Chi and Qigong Day is now celebrated in hundreds of cities and over seventy nations annually; and

WHEREAS, Tai Chi and Qigong, traditional Chinese exercises, involve a series of mindful relaxed movements which may have health benefit for people of many fitness levels; and

WHEREAS, Tai Chi and 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;

NOW, THEREFORE, I, Bill Lee, Governor of the State of Tennessee, do hereby proclaim April 27, 2019 as

Tai Chi & Qigong Day

in Tennessee and encourage all citizens to join me in this worthy observance.



IN WITNESS WHEREOF, I have hereunto set my hand and caused the official seal of the State of Tennessee to be affixed at Nashville on this twenty-first day of March, 2019.

Bill Lee

Governor

John R. Kuyatt

Secretary of State