



STATE OF TENNESSEE
PROCLAMATION
BY THE GOVERNOR

WHEREAS, T'ai Chi & Qigong Day is now celebrated in hundreds of cities in over seventy nations annually; and

WHEREAS, T'ai Chi & Qigong are ancient traditional exercises that involve a series of mindful relaxed movements which may have health benefits for people of many fitness levels; and

WHEREAS, T'ai Chi & Qigong Day is meant to bring practitioners together and allow people to learn more about T'ai 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 24, 2021 as

Tai Chi and 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-fourth day of March, 2021.

Bill Lee

Governor

Lee H. Roush

Secretary of State