

Proclamation



CITY OF NORTHAMPTON COMMONWEALTH OF MASSACHUSETTS

WORLD TAI CHI & QIGONG DAY April 27, 2019

WHEREAS, The Chinese exercises of Tai Chi and Qigong are suitable for people of most ages and many fitness levels, are exceptional stress management tools, and offer a way for individuals to take a hand in their own healthcare; and

WHEREAS, Tai Chi has been called "medication in motion" by many experts due to the growing body of scientific evidence behind the health benefits of Tai Chi & Qigong. According to a recent review of the more than 500 clinical trials conducted over the last 45 years, Tai Chi and Qigong show excellent evidence of benefit for fall prevention, osteoarthritis, Parkinson's disease, rehabilitation of C.O.P.D., and improving cognitive capacity in older adults, along with good evidence of benefit for depression, cardiac and stroke rehabilitation, and dementia; and

WHEREAS, Opportunities abound to learn these arts from dedicated and experienced instructors in Northampton and around the Pioneer Valley, and many people in our community have found great benefit in the practice of Tai Chi and Qigong; and

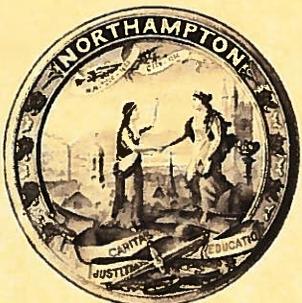
WHEREAS, World Tai Chi & Qigong Day will be celebrated around the world on April 27, 2019 in hundreds of cities in over 70 nations, and is meant to bring practitioners together to honor the hard work of the many individuals who have preserved these treasures of ancient Chinese culture, and allow people to learn more about Tai Chi and Qigong; and

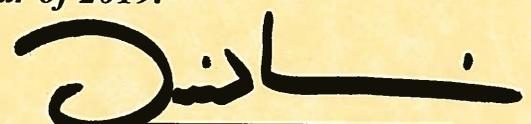
**NOW,
THEREFORE,** I, Mayor David J. Narkewicz, hereby proclaim the 27th of April, 2019 as

WORLD TAI CHI & QIGONG DAY

in Northampton in recognition of the many benefits of Tai Chi & Qigong for those in our community.

IN WITNESS WHEREOF, I have set my hand and imprinted the City seal, this 27th day of April in the year of 2019.




David J. Narkewicz
Mayor