

State of South Carolina

Governor's Proclamation

WHEREAS, originating in ancient China, Tai Chi and Qigong are disciplines involving exercise, breathing and meditation; and

WHEREAS, Tai Chi is a series of mindful, relaxed movements that can bring health benefits to people at any age and many levels of fitness; and

WHEREAS, people who practice Tai Chi and Qigong may experience improvements in strength, conditioning, flexibility and balance along with reduced stress, pain and stiffness.

NOW, THEREFORE, I, Nikki R. Haley, Governor of the Great State of South Carolina, do hereby proclaim April 30, 2011, as

TAI CHI AND QIGONG DAY

throughout the state and encourage all South Carolinians to learn more about the potential physical and mental health benefits of Tai Chi and Qigong.



A handwritten signature in black ink, reading "Nikki R. Haley".

NIKKI R. HALEY
GOVERNOR
STATE OF SOUTH CAROLINA