

# STATE OF OKLAHOMA



FILED

FEB 25 2014

OKLAHOMA SECRETARY  
OF STATE

EXECUTIVE DEPARTMENT

## Proclamation

Whereas, T'ai Chi and Qigong are ancient Chinese exercises involving slow, relaxed movements which work all the joints in the body, and massage the internal organs; and

Whereas, T'ai Chi and Qigong have been found to benefit many areas of health for people of varied fitness levels; and

Whereas, World T'ai Chi and Qigong Day was founded in 1998 and is now celebrated in over 60 nations annually; and

Whereas, various entities around the state of Oklahoma are sponsoring a celebration of the beneficial health effects of the T'ai Chi and Qigong practice;

Now, therefore, I, Mary Fallin, Governor of the State of Oklahoma, do hereby proclaim April 26, 2014 as

**"T'ai Chi and Qigong Day"**

in the state of Oklahoma.

In Witness Whereof, I have hereunto set my hand and caused the Great Seal of the State of Oklahoma to be affixed.



ATTEST.

Done at the Capitol, in the City of Oklahoma City, this 25<sup>th</sup> day of February, in the Year of Our Lord two thousand and fourteen, and of the State of Oklahoma in the one hundred and six<sup>th</sup> year.

Chris Benzge  
SECRETARY OF STATE

Mary Fallin  
GOVERNOR

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