

# STATE of WISCONSIN



OFFICE of the GOVERNOR

## Proclamation

*WHEREAS*; tai chi is a Chinese martial art and practiced form of health and wellness grounded in regulating movement, meditation, and deep breathing through low-impact motions, and qigong is a traditional Chinese medicine that employs similar strategies to mend the mind, body, and spirit; and

*WHEREAS*; tai chi and qigong are both accessible and gentle forms of exercise that can be practiced anywhere, by nearly anyone, in group or individual settings, and with room for adaptation as necessary, making them popular in preventative healthcare and rehabilitation programs; and

*WHEREAS*; according to the Cleveland Clinic, tai chi has many physical and mental health benefits, including reducing stress, improving balance, relieving pain, and more; and

*WHEREAS*; World 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; and


*WHEREAS*; on this day, the state of Wisconsin joins dedicated advocates, practitioners, and enthusiasts in bringing awareness to the potential benefits of tai chi and qigong;

NOW, THEREFORE, I, Tony Evers, Governor of the State of Wisconsin,  
do hereby proclaim April 27, 2024, as

### WORLD TAI CHI AND QIGONG DAY

throughout the State of Wisconsin, and I commend this observance  
to all our state's residents.

IN TESTIMONY WHEREOF, I have  
hereunto set my hand and caused the  
Great Seal of the State of Wisconsin  
to be affixed. Done at the Capitol in  
the City of Madison this 8th day  
of April 2024.

  
TONY EVERS  
GOVERNOR

By the Governor:

  
SARAH GODLEWSKI  
Secretary of State