



FOR IMMEDIATE RELEASE:

World T'ai Chi & Qigong Day

- An unprecedented global health and healing event
which will unfold across the planet on

Saturday, April 27th 2019, 10 am worldwide.

www.WorldTaiChiDay.org

- **What is** World T'ai Chi & Qigong Day?
<http://www.worldtaichiday.org/ABOUTwtcq.html>
- **Locate Local Events** and Local Event Organizers (worldwide) at:
<http://worldtaichiday.org> [EVENTS]
- **View a 5 minute Power Point Presentation on the History of this Event:**
<http://www.worldtaichiday.org/videogallery.html>
- World Tai Chi & Qigong Day, **Online Press Packets** in *9 languages* at:
<http://worldtaichiday.org/MediaResources.html>

Auf **Deutsch** an www.worldtaichiday.org

En **français** à www.worldtaichiday.org

En **italien** à www.worldtaichiday.org

Dans le **Portugais** à

www.worldtaichiday.org

Dans l'**Espagnol** à

www.worldtaichiday.org

Beginning in New Zealand, this event will spread time zone by time zone across the globe through 60 countries across 6 continents. . . . This healing wave will be a spectacular visual site, but also promote calm and wellness worldwide. Past event photo archive:

<http://worldtaichiday.org/HistoryofWTCQDPowerPoint.html>

Mass Tai-Chi and Qigong (Chi Kung) Exhibitions will be held in public places. To educate the world about the benefits of the Traditional-Chinese-Medicine exercises of T'ai-Chi and Qigong (Chi Kung).

Tai Chi and Qigong (Chi Kung) are health technologies evolved over several thousand years of research in China and now growing in popularity worldwide. They are used in hospitals, business, prisons, schools, and other institutions. Tai Chi and Qigong have been shown in research to reduce anxiety, depression, chronic pain conditions. They boost the immune system, improve respiratory function, burn calories, dramatically improve balance, provide cardiovascular benefit, provide powerful stress management tools, and slow aspects of the aging process.
<http://worldtaichiday.org/MediaResources.html>

For National & International Event Information:

www.worldtaichiday.org, or call **Bill Douglas**, at
1-913-648-2256, wtcq2000@aol.com

Local Event Contact: