

STATE OF KANSAS



PROCLAMATION  
BY THE  
GOVERNOR

TO THE PEOPLE OF KANSAS, GREETINGS:

WHEREAS, The global health education event of World T'ai Chi and Qigong Day was founded by a Kansas resident, Bill Douglas, and is now celebrated in over 60 nations across 6 continents; and

WHEREAS, T'ai Chi, a traditional Chinese exercise, is a series of mindful relaxed movements, increasingly found to benefit many areas of health, for people of many fitness levels; and

WHEREAS, Numerous studies have pointed to the benefits of T'ai Chi including stress relief, improved balance and coordination among the elderly and improved behavior for adolescents with Attention Deficit and Hyperactivity Disorder; and

WHEREAS, Numerous other studies on T'ai Chi relating to stress, the immune system and general health have been reviewed by the National Institute of Health and can be found at [www.worldtaichiday.org](http://www.worldtaichiday.org); and

WHEREAS, T'ai Chi and Qigong are used as helpful stress managers and behavior modifiers for drug abusers and prison inmates in penal systems throughout America, including in the State of Kansas; and

WHEREAS, World T'ai Chi and Qigong Day is meant to bring practitioners together, and allow people to learn more about T'ai Chi and Qigong through this day of celebration and practice, that will be celebrated around the world on Saturday, April 30, 2005;

NOW, THEREFORE, I, KATHLEEN SEBELIUS, GOVERNOR OF THE STATE OF KANSAS, do hereby proclaim April 30, 2005 as

*World T'ai Chi & Qigong Day*

in Kansas and urge all citizens to join in this observance.

DONE: At the Capitol in Topeka  
under the Great Seal of the  
State this 12<sup>th</sup> day of  
April, A.D. 2005

BY THE GOVERNOR:

Handwritten signature of Kathleen Sebelius in black ink.

Handwritten signature of Ron Thornblom in black ink.

Secretary of State

Handwritten signature of Melvyn J. ... in black ink.

Assistant Secretary of State

