



Proclamation

Taoist Tai Chi™ Awareness Week September 25 – October 1, 2017

WHEREAS, October 1, 2017 is the United Nation International Day of the Older Person;
and

Tai Chi practice of spiritual development through the cultivation of both body and mind with the goal of achieving harmony within themselves is known to improve balance and prevent falls;

Taoist Tai Chi practice contributes to better posture, increased strength and flexibility, and improve circulation; and

Many Health practitioners encourage the practice of Tai Chi; and

THEREFORE, BE IT RESOLVED that, I, Mayor Mike Savage, on behalf of Halifax Regional Council, do hereby proclaim that the week of September 25 -October 1, 2017 be declared Taoist Chi practice week in recognition of the United Nation International Day of the Older Person in the Halifax Regional Municipality.

Dated at Halifax, Nova Scotia
this 25th day of September, 2017



Original Signed

Mike Savage
Mayor