



PROCLAMATION

WORLD TAI CHI AND QIGONG DAY April 25, 2026

WHEREAS: April 25, 2026, is World Tai Chi and Qigong Day. At 10 am around the world, Tai Chi and Qigong practitioners do Tai Chi and Qigong in public spaces to promote the benefits of these two ancient Chinese arts; and

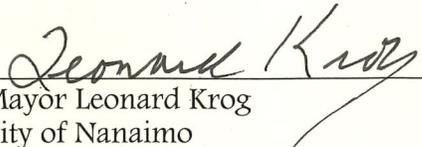
WHEREAS: Tai Chi and Qigong are proven methods of achieving and maintaining healthy bodies and minds at any age; and

WHEREAS: raising awareness of Tai Chi and Qigong is an excellent way to promote healthy community activities. World Tai Chi and Qigong Day is inclusive, with all local practitioners invited to participate. The public is encouraged to join in and an information booth is available.

NOW THEREFORE I, Leonard Krog, Mayor of the City of Nanaimo, do hereby proclaim April 25, 2026 as:

WORLD TAI CHI AND QIGONG DAY

in the City of Nanaimo, Province of British Columbia.



Mayor Leonard Krog
City of Nanaimo

Dated this 28th day of January 2026

