



*Proclamation*  
**Taoist Tai Chi Awareness Day**  
**September 19, 2009**

WHEREAS Taoist Tai Chi, an ancient Chinese exercise system, is a series of 108 slow relaxed movements, widely practiced throughout China and has quickly become popular in Canada; and

WHEREAS Taoist Tai Chi is a complete exercise system which relieves stress and develops flexibility, strength and coordination; and

WHEREAS Over the years it has proven itself to be an ideal exercise for Atlantic Canadians of almost any age and state of health; and

WHEREAS The Taoist Tai Chi Society is commemorating their 39<sup>th</sup> Anniversary in Canada, their 29<sup>th</sup> Anniversary in Halifax and their 19<sup>th</sup> Anniversary in the Atlantic Regional Centre.

THEREFORE, BE IT RESOLVED, that, I, Mayor Peter Kelly, on behalf of Halifax Regional Council do hereby proclaim September 19, 2009, as TAOIST TAI CHI AWARENESS DAY in the Halifax Regional Municipality.

Dated at Halifax, Nova Scotia  
this 15<sup>th</sup> day of September, 2009.

Peter Kelly  
Mayor

