

Township of Toms River

Proclamation

WHEREAS, World T'ai Chi & Qigong Day is now celebrated in hundreds of cities in over 70 nations annually; and

WHEREAS, T'ai Chi & Qigong, traditional Chinese exercises involve a series of mindful relaxed movements and mind-body meditations increasingly found to benefit many health issues for people of many fitness levels; and

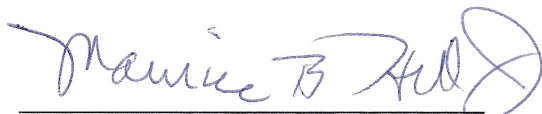
WHEREAS, T'ai Chi has been called "medication in motion" for the myriad of health benefits it offers including stress relief and improved balance and coordination among the elderly; and

WHEREAS, *Yours Truly, T'ai Chi* is an instructional and educational program developed by Khadi Madama, which was filmed and produced in 2017 as a community service program in Toms River; and

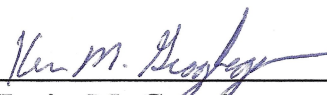
WHEREAS, TV 21 Producer, Mr. Chip Philips, worked very hard on the production of the show, *Yours Truly, T'ai Chi*, a program that appears on TV 21 and its YouTube channel for local Toms River viewers; and

WHEREAS, World T'ai Chi & 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 April 30, 2022.

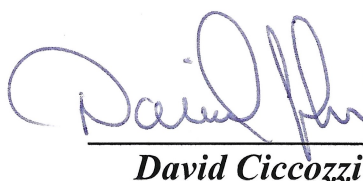
NOW, THEREFORE, I, Mayor Maurice B. Hill and the Township Council, do hereby recognize *Yours Truly, T'ai Chi, a TV 21 NJ Television Series*, produced by Mr. Chip Philips as a T'ai Chi event & *April 30, 2022, as World T'ai Chi and Qigong Day* in the Township of Toms River.



Mayor Maurice B. Hill, Jr.



**Kevin M. Geoghegan
Council President**



David Ciccozzi



Joshua D. Kopp



Justin D. Lamb

