

COUNTY OF SUFFOLK



OFFICE OF THE COUNTY EXECUTIVE

**Steve Levy**  
COUNTY EXECUTIVE



Dear Friends,

It is with a great deal of pleasure that I offer my best wishes to the organizers and friends of the annual World T'ai Chi & Qigong Day, this year celebrating its tenth anniversary world-wide and eighth year locally. These centuries old arts of health, relaxation and self-defense have been found to have such benefits as reducing stress and minimizing the effects of chronic conditions such as allergies and asthma.

I would also like to join with village, town, county, state and federal officials in recognizing the importance of the potential health benefits of T'ai Chi Ch'uan and Qigong, and extend my best wishes and sincere hopes for success in educating the public of the contributions these arts provide to improve the health of the community.

Sincerely,

STEVE LEVY  
Suffolk County Executive