



# News Release

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## FOR IMMEDIATE RELEASE

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## CITY OF GREENVILLE CELEBRATES WORLD TAI CHI AND QIGONG DAY IN DOWNTOWN GREENVILLE

*Annual event features demonstrations and information on improving health*

**GREENVILLE (SC)** - In an effort to educate the community about the positive health benefits of Tai Chi and Qigong, the City of Greenville will sponsor World Tai Chi and Qigong Day April 25 from 11 a.m. to 2 p.m. at Falls Park at Main Street. The free event is open to the public and will be held at the same time as thousands of other people in 60 countries around the world.

The annual event will feature local instructors who will demonstrate the various forms of Tai Chi and Qigong. Recent research has shown that Tai Chi is beneficial for cardiorespiratory function, peripheral circulation, immune capacity, mental control, flexibility and balance. It also improves muscle strength and reduces tension and anxiety. Qigong, also known as Chinese yoga, has been shown to help people increase their self-awareness, build internal energy and develop a healthy body, both physically and spiritually. Tai Chi and Qigong have become increasingly popular in the U.S.

For additional information on World Tai Chi and Qigong Day, please contact Thomas Gonick at 907-9738 or visit [www.greenvillesc.gov](http://www.greenvillesc.gov).

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