

WHEREAS, this year marks the 35th anniversary of Santa Barbra's longest ongoing Qigong and Tai Chi Community Practice Group; and

WHEREAS, Community Practice Groups support the growth and longevity of the ancient self-healing modalities of Qigong and Tai Chi through small groups of people who come together to boost their immune systems, relieve stress, and engage in social support through regular practice; and

WHEREAS, more than thirty-five successful Community Practice Groups have sprung to life around the world, with the simple goal to "Train thousands to improve the health of millions"; and

WHEREAS, under the leadership of Dr. Roger Jahnke, and with the help of passionate and dedicated practice leaders such as Dennis and Setsuko Furuike, the Healer Within Foundation is committed to cultivating the community practice model, both locally and globally, based on the belief that the most profound medicine is created within when we do the breath, movement, meditation and self-massage practices of Qigong; and

WHEREAS, the City of Santa Barbara encourages residents to learn more about the variety of self-healing and wellness practices available to them, including the ancient practices of Qigong and Tai Chi;

NOW THEREFORE, I, HELENE SCHNEIDER, by virtue of the authority vested in me as Mayor of the City of Santa Barbara, California, do hereby proclaim **November 15, 2017** as the **HEALER WITHIN DAY** in Santa Barbara.

IN WITNESS THEREOF, I have hereunto set my hand and caused the Official Seal of the City of Santa Barbara, California, to be affixed this 13th day of November, 2017.

MAYOR HELENE SCHNEIDER