



Metropolitan Water Reclamation District of Greater Chicago

100 East Erie Street
Chicago, IL 60611

Legislation Text

File #: 20-0920, **Version:** 1

RESOLUTION FOR THE BOARD MEETING OF NOVEMBER 5, 2020

RESOLUTION sponsored by the Board of Commissioners recognizing Tamar Cohen and Marja Pirie

WHEREAS, laughter yoga is aerobic exercise and cardio combined with yoga breathing techniques. Laughter yoga is thought to be therapeutic and offer pain relief for those suffering from many chronic illnesses. Laughter yoga is currently practiced in senior centers, schools, and facilities for disabled individuals; and

WHEREAS, during the novel coronavirus pandemic, laughter yoga has gained popularity because it can easily be performed remotely; and

WHEREAS, Tamar Cohen and Marja Pirie have come together to create a weekly laughter yoga Zoom class, which has over 950 participants from 21 countries, including 31 states and eight Canadian provinces, for which they have received Laughter Yoga Ambassador awards; and

NOW, THEREFORE, BE IT RESOLVED, that we, the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago, on behalf of ourselves and staff, do hereby recognize Tamar Cohen and Marja Pirie; and

BE IT FURTHER RESOLVED, that this Resolution be spread upon the permanent Record of Proceedings of the Board of Commissioners of the Metropolitan Water Reclamation District of Greater Chicago and that a copy of same, suitably engrossed, be presented to Tamar Cohen and Marja Pirie.

Dated: November 5, 2020