



# Metropolitan Water Reclamation District of Greater Chicago

100 East Erie Street  
Chicago, IL 60611

## Legislation Text

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**File #:** 20-1031, **Version:** 1

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### **RESOLUTION FOR BOARD MEETING OF NOVEMBER 19, 2020**

RESOLUTION sponsored by the Board of Commissioners recognizing Cynthia Paris

WHEREAS, laughter yoga combines rhythmic breathing techniques with simple exercise. It is therapeutic and can offer pain relief for those suffering from physical and mental health illnesses and addictions; and

WHEREAS, Cynthia Paris is a Laughter Ambassador and certified teacher of laughter yoga and mindfulness meditation techniques. Since the pandemic began, she has moved her classes online. While her original audience was limited to those within the Chicago and Milwaukee area, she now has a worldwide audience; and

WHEREAS, Cynthia Paris encourages resilience in others through laughter. Not allowing her own personal health struggles deter her from spreading the message of laughter yoga, Cynthia continues to teach while recovering in a wheelchair; 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 Cynthia Paris; 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 Cynthia Paris.

Dated: November 19, 2020