



Nirmala Armstrong
Regional Councillor

May 13th, 2016



Message from
Regional Councillor

NIRMALA ARMSTRONG

I would like to extend warmest greetings and congratulations to the **Falun Dafa Association of Canada** and to all those who are celebrating the twenty-fourth anniversary of the introduction of Falun Dafa to the public.

Celebrating the 24th anniversary demonstrates your determination to share the true values of this treasured self improvement system with the world and the success you have achieved over the years.

Thank you for promoting this practice that helps to improve spiritual, mental, moral and physical wellbeing through meditative exercises and the guiding principles of *Truthfulness, Benevolence and Forbearance* as we continue to grow in our understanding and tolerance in the face of diversity.

Please accept my heartfelt congratulations and best wishes as you mark this occasion as a milestone in your journey.

Sincerely

A handwritten signature in blue ink, appearing to read 'N. Armstrong', with a large, sweeping flourish underneath.

Nirmala Armstrong
Regional Councillor