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FOR IMMEDIATE RELEASE

Monday, April 2, 2012

**PARK SYSTEM HOSTS
TAI CHI CHIH**

HOWELL — Experience the ancient art of moving meditation when the Monmouth County Park System presents *Twilight Tai Chi Chih® - Joy Through Movement* at the Manasquan Reservoir, Windeler Road, Howell. Held from 5:30-7:30pm on Mondays, April 16-May 21, the class will be held outside of the Visitor Center. Participants will discover the wonders of this gentle stress-reliever and physical conditioner composed of 20 simple movements. The cost of the class is \$115 per person; pre-registration required.

Additional *Tai Chi Chih* classes for ages 55 and up will be held at the Tatum Park Red Hill Activity Center, Red Hill Road, Middletown, on Fridays, April 20-June 19. Students who have completed at least one beginner level class are invited to attend the 9:45-11:05am session. The cost is \$89 per person; pre-registration is required. A class for beginners, held from 11:15am-12:35pm, focuses on simpler movement. The cost is \$89 per person; pre-registration is required.

For more information, or to register, visit www.monmouthcountyparks.com or call (732) 842-4000, ext 1. For persons with hearing impairment, the Park System TTY/TDD number is 711. The Monmouth County Park System, created in 1960 by the Monmouth County Board of Chosen Freeholders, is Monmouth County's Open Space, Parks and Recreation agency.

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