



CONTACT: Karen Livingstone or
 Communications
 732-842-4000, ext. 4256
 klivings@monmouthcountyparks.com

Patti Conroy
Visitor Services
732-842-4000, ext. 4247
pconroy@monmouthcountyparks.com

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**PARK SYSTEM HOSTS
TAI CHI CHIH**

HOWELL — Experience the ancient art of moving meditation when the Monmouth County Park System presents *Tai Chi Chih® Discipline - Joy Through Movement* at the Manasquan Reservoir Visitor Center, Windeler Road, Howell, from 6-7:30 p.m. on Tuesdays, January 24-February 21. Open to beginner students and those looking for a review, this class is led by instructor Dan Pienciak, International Teacher Trainer, and focuses on a series of 20 simple movements. The cost of the class is \$68 per person; pre-registration required. An additional class is offered from 11:30 a.m.-12:50 p.m. on Mondays, February 13-March 27 at the Thompson Park Visitor Center, Newman Springs Road, Lincroft. The cost is \$90 per person; pre-registration is required. For more information on either of these classes, 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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