

***For Immediate Release: March 5, 2008***

Contact: Heidi Kortright,  
638-2519 or [hkortright@ongov.net](mailto:hkortright@ongov.net)

## **T'ai Chi Chih at Beaver Lake Nature Center**

Beginning Tuesday, April 1, at 6:30 p.m., Beaver Lake Nature Center is offering an eight session class in T'ai Chi Chih. T'ai Chi is a great low-impact exercise benefiting the body, mind and spirit. The serene setting of Beaver Lake is the perfect place to learn and practice the twenty elementary moves that can be done by anyone of any age. The classes will meet on the following Tuesdays: April 1, 8, 15, 22, 29 May 6, 13, and 20 at 6:30 p.m. The price for this program is \$35 and advance registration is required.

For more information about this and other Beaver Lake programs, please call the Nature Center at 638-2519. Beaver Lake Nature Center is an Onondaga County Park located 3 miles west of Baldwinsville off Route 370.

-30-