



WELLNESS 60+

AT ASHAWAGH HALL

78 Springs Fireplace Rd., East Hampton N.Y.

Qigong Series

A 'FREE' eight (8) week series open to all 60 & over
of instruction beginning

Monday, February 11th at 1:00PM

Qigong—pronounced chee-gong is an ancient Chinese exercise and healing technique.

Class consists of gentle standing exercise movements, stretches, balance walking and closing standing meditation.

Class Schedule:

1:00 pm—2:00 pm

- ◇ February 11th
- ◇ February 25th
- ◇ March 4th
- ◇ March 11th
- ◇ March 18th
- ◇ March 25th
- ◇ April 1st
- ◇ April 8th



‘Learn to energize your body while relaxing your mind’

Taught by Margaret A. Ianacone, LAC, of

Bamboo Roots Acupuncture

TOWN OF EAST HAMPTON

DEPARTMENT OF HUMAN SERVICES

Call 631-329-6939 to register and for information.