



**Town of East Hampton
Human Services Department
And**



**Stony Brook
Southamptton Hospital**

**Better Balance
with Tai-Chi**



DATES: Tuesdays

January 7,14,21 & 28

April: 7,14,21 &28

May: 5, 12,19 & 26

August 4, 11, 18 & 25

September 1, 15, 22 & 29

December 1, 8, 15 & 22

This 2 month series uses the ancient practice of Tai Chi to help improve balance and enhance the bodies flow of energy

This program is FREE for seniors at the East Hampton Senior Center

Classes are held at the East Hampton Senior Center.

10:30am-11:30am

To register, call 631-324-6711