



Town of East Hampton
Human Services Department
And



Stony Brook
Southamptton Hospital

Healing Circle with Flexibility & Balance

This program is
FREE for Seniors
Classes are held at the
East Hampton Senior
Center @ 10:00 am
& Montauk
Playhouse @ 1:00 pm



DATES 2023:

Tuesdays:

January: 10, 17, 24 & 31
February: 7, 14, 21 & 28
March: 7, 14, 21 & 28
April: 4, 11, 18 & 25
May: 2, 9, 16, 23 & 30
June: 6, 13, 20 & 27

July: 11, 18 & 25
August: 1, 8, 15, 22 & 29
September: 5, 12, 19 & 26
October: 3, 10, 17 & 24
November: 14, 21, 28 & 31
December: 5, 12, 19 & 26

Call for information at 631-324-6711.