



# QIGONG

## WITH FOCUS ON NOURISHING INNER HEALTH & ENERGY

A 'FREE' Exercise Series Open To Older Adults 60+



Join us at the Senior Center  
128 Springs Fireplace Road  
for weekly Qigong instruction

### Qigong

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

### 2023 CLASS SCHEDULE

Every Thursdays at 10 AM

January 5, 12, 19, & 26

February 2, 9, 16 & 23

March 2, 9, 16, 23 & 30

April 6, 13, 20 & 27

May 4, 11, 18 & 25

June 1, 8, 15, 22 & 29

July 6, 13, 20 & 27

August 3, 10, 17, 24 & 31

September 7, 14, 21 & 28

October 5, 12, 19 & 26

November 2, 9, 16 & 30

December 7, 14, 21 & 28

'Taught by Margaret A. Ianacone, LAC, of Bamboo Roots Acupuncture

TOWN OF EAST HAMPTON

DEPARTMENT OF HUMAN SERVICES

FOR INFORMATION CALL 631-324-6711