



# 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

### 2021 CLASS SCHEDULE

Thursday mornings at 10am

June 3, 10, 17 & 24

July 1, 8, 15, 22 & 29

August 5, 12, 19 & 26

September 9, 16, 23 & 30

October 7, 14, 21 & 28

November 4 & 18

December 2, 9 & 16

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

TOWN OF EAST HAMPTON DEPARTMENT OF HUMAN SERVICES

**CALL 631-324-6711**

**CDC RECOMMENDS TO HELP YOU AND OTHERS STAY HEALTHY**

**WEAR A MASK AT THE SESSION**