



**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
Montauk Nutrition Center
Classes are held at the Montauk Playhouse
12:45pm-1:45pm**

To register, call 631-668-1023