



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

**WELLNESS 60 +  
AT ASHAWAGH HALL**

780 Springs Fireplace Rd, East Hampton

Challenging workout experiences to help you reach your health goals!

**QIGONG III**

**Recuperative Exercises  
for Increasing Stamina**

**12:30pm-1:30 pm**

The ability to increase stamina is designed for those who have a strong core energy and inner strength.

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

**Osteoporosis  
Prevention &  
Stretching**

**2:00pm-2:45pm**

Workout equipment & chairs will be provided. Please bring your own mats.

40 max participants per class. No pre-registration is required. Onsite sign-in is required.

**DATES:**

**January: 4, 11, 18 and 25  
February: 1, 8, 15 and 22  
March: 1, 8\*, 15, 22 and 29  
April: 5, 12, 19 and 26  
May: 3, 10, 17, 24 and 31**

For more information call: 631-329-6939

- Please note that on March 8<sup>th</sup> there will no Prevention & Stretching Class- only Qigong III