Town of East Hampton
Human Services Department

Wellness 60+
Mindfulness Meditation

With Lydia Burns

FREE for 60+ Community

Mondays at 9:30 AM

East Hampton Senior Center
128 Springs Fireplace Road

Lydia Burns is passionate about supporting your health and overall wellness and adding a touch more of positivity to our community and world. Do you want to strengthen your body and calm your mind while winding down and relaxing? Then please join Lydia. She's led mindfulness classes for 30 years since her start at Gurney's Inn Spa and has continued on to help heal and restore comfort and joy through her life's work as a Public Health Nurse and Mind and Memory leader.

For further information call 631-329-6939