



WELLNESS 60+

AT ASHAWAGH HALL

78 Springs Fireplace Rd., East Hampton N.Y.

Qigong Series

A 'FREE' series open to all 60 & over of instruction

DUE TO POPULAR DEMAND

FALL 2019!!



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

Class consists of gentle standing exercise movements, stretches, balance walking and closing standing meditation.

Class Schedule:

1:00 pm—2:00 pm

◇ September: 9, 16, 23 & 30th

◇ October: 7, 21, 28th

◇ November: 4



'Learn to energize your body while relaxing your mind'

Taught by Margaret A. Ianacone, LAC, of

Bamboo Roots Acupuncture

TOWN OF EAST HAMPTON

DEPARTMENT OF HUMAN SERVICES

Call 631-329-6939 to register and for information