



TOWN OF EAST HAMPTON

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TOWN OF EAST HAMPTON EXTENDS *WELLNESS 60+ AT ASHAWAGH HALL*

East Hampton, NY – Due to popular demand, the Human Services Department’s free new pilot program “*Wellness 60+ at Ashawagh Hall*” has been extended through mid-June. The free wellness classes will continue to be offered mid-day on Mondays and Wednesdays and will run through June 12 at Ashawagh Hall, 78 Springs Fireplace Road, East Hampton, thanks to the generosity of the Springs Improvement Society.

The current line-up includes:

Qigong: Mondays from 1:00 – 2:00 pm through June 10, 2019

Join Margaret A. Ianacone, LAC, of Bamboo Roots Acupuncture, for a series of QiGong classes; an ancient Chinese exercise and healing technique that involves meditation, controlled breathing and exercises that consist of gentle standing movements, stretches, balance walking and closing standing meditation. The Town’s Department of Human Services will fund this program.

Core Strength: Wednesdays from 12:30 -- 1:15 pm

Mobility, Balance & Strength: Wednesdays from 1:30 -- 2:15 pm through June 12, 2019

Join YMCA Health & Wellness Director and master trainer, Rosie Orlando, for weekly group exercise classes to improve your mind, body and spirit. Drawing on her years of wellness industry experience, Rosie will ensure each class is a fun and rewarding experience as you pursue your health goals. The YMCA RECenter will fund this program.

Councilwoman Kathee Burke-Gonzalez, liaison to Human Services, stated, “The response to our pilot wellness program has been incredible. Each week we are seeing an average of 25 Seniors per class. Clearly they are enjoying the benefits that these free wellness programs provide.”

For more information or to pre-register, Seniors 60 and older can call the Town’s Human Services Department at 631.329.6939. Pre-registration is not required but is suggested.

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