



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



**Stony Brook
Southamptton Hospital**

Healing Circle

A 2 month program that combines acupressure, nutrition, and exercises to create a healing atmosphere

DATES:

Tuesdays:

February: 4,11,18 and 25

March: 3,10,17 and 24

June: 2, 9, 16 and 23

July: 7, 14, 21 and 28

October: 6, 13, 20 and 27

**November: Thursday 5, and
Tuesdays 10,17 and 24**



**This program is FREE for Seniors at the
East Hampton Senior Center
Classes are held at the East Hampton Senior Center.
10:30 am-11:30 am
To register, call 631-324-6711**