



**Town of East Hampton
Human Services Department**

**Wellness 60+
Balance & Self Defense**

With Oscar Giles

**FREE for 60+ Community
Mondays at 12:30 PM**

**East Hampton
Senior Center
128 Springs Fireplace Road**



Oscar Giles is a high ranking Black Belt and a former instructor at Delhi, NY, a BOCES Night class instructor and taught at the East Hampton Juvenile Aid Bureau. His tournament experience includes 15 years in the International Martial Arts Federation.

Oscar's class will empower you with higher self esteem, physical conditioning, flexibility, strengthening and stamina.

For further information call 631-329-6939

FIRST CLASS BEGINS MARCH 20, 2023