



Town of East Hampton Human Services Department



**Stony Brook
Southamptton Hospital**

Wellness 60+ Mindful Movement

With Leisa Taylor

**FREE for 60+ Community
Wednesdays @ 11:00 AM**

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



Leisa Taylor is a New York-based certified Pilates instructor, dancer, and movement educator. Leisa believes firmly in the power of movement to heal and is passionate about well-being, motivated by a mission to inspire in each and every individual a healthier, more positive relationship with movement and the body, a truly transformative interconnectedness where she is convinced beautiful and lasting change thrives. Leisa's classes will lead you through low-impact, empowering, and restorative movement to help you discover the power in you.

For further information call 631-329-6939