



**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
Montauk Nutrition Center
Classes are held at the Montauk Playhouse
12:45 pm-1:45 pm
To register, call 631-668-1023**