



**TOWN OF EAST HAMPTON  
DEPT. OF HUMAN SERVICES  
SENIOR NUTRITION PROGRAM**

# MEDITATION



**FRIDAY MORNINGS**

**9:00 AM**

**2020 DATES:**

**JANUARY 17, 24, 31**

**FEBRUARY 7, 14, 21, 28**

**MARCH 6, 13, 20, 27**

**APRIL 3, 17, 24**

**MAY 1, 8, 15, 22**

**MEDITATION LED BY  
LYDIA BURNS, WELLNESS FACILITATOR  
AT THE EAST HAMPTON SENIOR CENTER**