



# WELLNESS 60+ AT ASHAWAGH HALL

78 Springs Fireplace Rd., East Hampton N.Y.

## Qigong Series

A 'FREE' series open to all 60 & over of instruction

DUE TO POPULAR DEMAND



## WINTER—SPRING 2020 SCHEDULE

Qigong—pronounced chee-gong is an ancient Chinese exercise and healing technique.

Class consists of gentle standing exercise movements, stretches, balance walking and closing standing meditation.

### Class Schedule:

1:00 pm—2:00 pm

◇ February 3, 10  
& 24

◇ March 2, 9, 16,  
23, & 30

◇ April 6, 13, 20 &  
27

◇ May 4, 11, & 18



‘Learn to energize your body while relaxing your mind’

Taught by Margaret A. Ianacone, LAC, of

Bamboo Roots Acupuncture

TOWN OF EAST HAMPTON

DEPARTMENT OF HUMAN SERVICES

Call 631-329-6939 to register and for information