



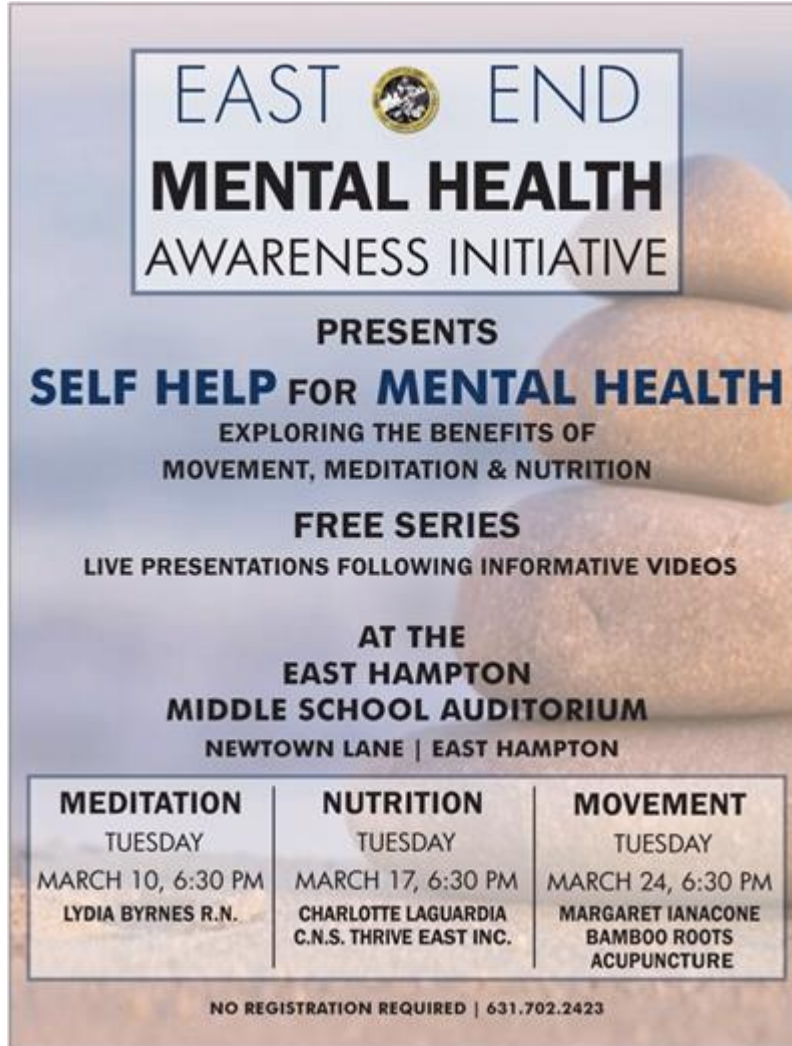
Until further notice the Self Help for Mental Health series in East Hampton has been postponed.


The East End Mental Health Awareness Initiative has planned a free 3-part series titled *Self Help for Mental Health; Exploring the Benefits of Movement, Meditation and Nutrition.*

Each presentation will show a feature video followed by discussion and demonstrations. Each will be held at 6:30pm in East Hampton Middle School Auditorium
Newtown Lane | East Hampton

- **MEDITATION:** Tuesday, March 10, 6:30 PM - Lydia Byrnes R.N.
- **NUTRITION:** Tuesday, March 17, 6:30 PM - Charlotte Laguardia C.N.S. Thrive East Inc.
- **MOVEMENT:** Tuesday, March 24, 6:30 Pm Margaret Ianacone Bamboo RootsAcupuncture

Registration is not required. The East End Mental Health Awareness Initiative is supported by the Towns of Southampton and East Hampton. All programs are free and open to the public. 631.329.6939



EAST  **END**
MENTAL HEALTH
AWARENESS INITIATIVE

PRESENTS
SELF HELP FOR MENTAL HEALTH
EXPLORING THE BENEFITS OF
MOVEMENT, MEDITATION & NUTRITION

FREE SERIES
LIVE PRESENTATIONS FOLLOWING INFORMATIVE VIDEOS

AT THE
EAST HAMPTON
MIDDLE SCHOOL AUDITORIUM
NEWTOWN LANE | EAST HAMPTON

MEDITATION	NUTRITION	MOVEMENT
TUESDAY	TUESDAY	TUESDAY
MARCH 10, 6:30 PM	MARCH 17, 6:30 PM	MARCH 24, 6:30 PM
LYDIA BYRNES R.N.	CHARLOTTE LAGUARDIA C.N.S. THRIVE EAST INC.	MARGARET IANACONE BAMBOO ROOTS ACUPUNCTURE

NO REGISTRATION REQUIRED | 631.702.2423

Sponsored by the Towns of Southampton and East Hampton