

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

REFRESHMENTS WILL BE SERVED

AT THE

**SOUTHAMPTON TOWN
COMMUNITY CENTER**

25 PONQUOGUE AVE | HAMPTON BAYS

MOVEMENT

WEDNESDAY

OCT 23, 6:30 PM

KARA BILLINGHAM

HOUSE OF WELLNESS

MEDITATION

WEDNESDAY

OCT 30, 6:30 PM

JOE YEWDELL

YOGA INSTRUCTOR

NUTRITION

WEDNESDAY

NOV 6, 6:30 PM

JILLIAN KUBALA

NUTRITIONIST

NO REGISTRATION REQUIRED | 631.702.2423