

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**

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 ROOTS  
ACUPUNCTURE

**NO REGISTRATION REQUIRED | 631.702.2423**