

Unitarian Universalist Fellowship at Stony Brook offers Meditative & Wellness Arts Summer Registration!

Register for our 9 week Essentrics summer course, the only dynamic stretch program suitable for all ages and fitness levels.

ESSENTRICS SCHEDULE:

**TUESDAYS, 10:30 a.m.
(\$115 for all 9 sessions)**

June 4, 11, 25

July 2, 9, 23, 30

August 6, 13

**THURSDAYS, 10:30 a.m.
(\$115 for all 9 sessions)**

June 6, 13, 20, 27

July 11, 25

August 1, 8, 15

Discounted Rate of \$210 if registered
for both Tuesdays & Thursday
Classes.

All classes held at:

380 Nicolls Rd,
East Setauket, NY
11733

UUFSB Phone #:

631-751-0297

Registration:

Please contact Laila

Sholtz-Ames:

medarts.uufsb@gmail.com