

Unitarian Universalist Fellowship Stony Brook

Meditative & Wellness Arts

Winter Registration

The day you
start moving



is the day you
stop aging

**First class free for
new students!!**

We offer 12 week sessions
catering to all levels and
abilities.

- Tai Chi
- Yoga
- Essentrics
- Chair Yoga....and more!

Perfect for all ages,
especially for people
suffering from arthritis, joint
problems and balance
issues.



**Meditative &
Wellness Arts**

Contact: Laila Sholtz-Ames

MedArts.UUFSB@gmail.com

Classes are held at the Unitarian Universalist
Fellowship at Stony Brook (Parking in the back)

380 Nicolls Rd, East Setauket

REGISTER NOW!