

You've always been active, but proper exercise and nutrition are a challenge as your body's needs change.
Where can you find the guidance to be at your best?

You had a heart attack and cardiac rehabilitation got you back on your feet.
How will you keep up with your exercise routine when insurance coverage runs out?

You lost your balance and suffered an injury. Physical therapy is helping you regain strength.
How will you prevent another fall?



We know it can be difficult to stay committed to a healthy lifestyle – especially on your own. That's why we created a free wellness program for seniors who want to be fit and independent for life! Led by trained clinicians, the program focus is on strength, mobility, balance, and stress management for wellness in body, mind, and spirit. Group classes encourage community support and keep participants motivated. Individual counseling is available to address your personal concerns.

For more information, please call us at (631) 726-8800 or visit www.HamptonsWellnessInstitute.org.

 THE ED & PHYLLIS DAVIS
WELLNESS INSTITUTE
SOUTHAMPTON HOSPITAL

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HEALTHY AT ANY AGE

A free program designed to help seniors live fit and independent lives!



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Get Well, Stay Well, Be Well



HEALTHY AT ANY AGE

THERABAND™ FITNESS

Exercise classes using TheraBand™ resistance tubes are designed to improve balance, strength and stability. Handouts are included.

FALL PREVENTION

Improve stability and balance with exercises that focus on functional and recreational activity. Licensed clinicians will educate participants about fall risk and prevention.

EXERCISE FOR PARKINSON'S PATIENTS

Gentle (mostly seated) exercises improve strength, range of motion, and posture. Licensed clinicians will teach you how to continue exercises at home. Caregivers welcome.

FUNCTIONALLY FIT

This one-hour energetic class includes warm up, aerobic exercise, stretching, and cool down. TheraBand™ resistance tubes are used for gentle strength training. Varied fitness levels welcome.

BACK CARE SUPPORT

Participants will learn about the structure of the spine and common causes of back pain. Integrative therapies such as Yoga and Pilates will assist you with strengthening, stretching, improving alignment, and reducing stress.



CHAIR YOGA

Participants with limited mobility can reap all the benefits of Yoga in a safe environment. Most positions are performed seated, with modifications for those who wish to stand and practice balance.

MEMORY GAMES

Improve memory by exercising the mind using problem-solving games and puzzles. Organizational, lifestyle, and diet tips are included.

Please see our quarterly calendar for class schedules.



TAI CHI/QI GONG SERIES

Tai Chi and Qi Gong are mind/body, self-healing systems that use movement, meditation, and breathing to improve balance, health, and well-being.

MINDFULNESS: THE ART OF CALM

This interactive series includes information on the nature of stress and the importance of nourishing your body and mind with exercise and mindfulness (living in the present). Participants will learn a variety of meditation and relaxation techniques to restore your sense of health and well-being.