



Gallery Opening: The Body in Motion

Opening Reception March 5, 2010 for the public: 5 p.m. – 7 p.m.

Featuring the live music of Exit 70, a new local band!

Refreshments, model locomotive train demonstrations, all ages welcome!

**FREE Community programs happen all month long in celebration of THE BODY IN MOTION show!
Get your body in motion at these fun events:**

Friday March 5, 10-7 p.m., Sat. March 6, 10 a.m. – 4 p.m., Sun. March 7, 12 noon to 4 p.m.

"Model Locomotives in Motion" at the Arts Council Carriage House — The Long Island Railroad Museum has set up three restored model train sets, which will be running throughout the art show weekend on over 50 ft. of track in our Carriage House!

Wed. March 10, 11 am – Noon,
Arts Council Gallery

Spinal Wellness Free Thermal and EMG Scans, with Back to Motion Chiropractic Non-invasive temperature screening imag- es muscle tension to determine where your back and neck pain lies. Held in the East End Arts Council gallery. Sign up by calling 727-0900. Presented

by Karen Tumilowicz, D.C.

Thurs., March 11, 11 am – 12 Noon,
Arts Council Gallery
Introduction to the Stretch Towel Flexibility Program – *Presented by Curves of Riverhead. Increase overall flexibility, decrease joint pain, become more mobile and improve quality of life with this simple exercise program. Wear comfortable clothes.* Sign up at the Gallery front desk or by calling 727-0900.

Sat., March 13, 1:30 pm – 2:30 pm,
Peconic River Yoga Studio, 93 E. Main St., Riverhead (behind the Riverhead Grill)
Yoga for Flexibility & Health
Introduction to Yoga — *FREE CLASS with Kate Alesio. Class will include gentle yoga postures, yogic breathing, deep*

relaxation and meditation. Experience the many benefits of yoga, which include physical health, mental clarity and deep inner stillness. All welcome! Please wear comfortable clothing and refrain from eating for at least 2 hours prior to the class. (631)369-9569 or e-mail Kate at info@peconicriveryoga.com

March 5 - April 1 by appointment,
44600 County Road 48, Southold
FREE Back Care Consultation, with Dr. Lisa Cowley, Chiropractor
Bodies cannot be in motion unless properly aligned! A complimentary consultation and examination (value \$80) is available to attendees of the Body in Motion Exhibit. Just pick up your coupon at the gallery and call Dr. Cowley to make an appointment. Lisa will tell you where your align-

ment problems are and suggest a course of treatment. (631)765-6138.

Sat. & Sun. March 20, 21 from 1-2 p.m., Arts Council Carriage House
Free Ballroom Dance Lesson with Arthur Murray Studios of Southampton & Patchogue
Get your body in motion and learn some basic ballroom dancing steps with Arthur Murray Studios. This fun group lesson will be held at the Arts Council in our Carriage House. Arthur Murray Dance of Southampton is located at 425 County Road 39A -Lower Level Suite 1 in Southampton and can be reached at (631) 283-1488.

Sat. March 27, 2 p.m., East End Ballroom, 16 West Main Street in

Riverhead — Learn Latin Dance & More with East End Ballroom. *Get moving and learn to salsa, cha-cha, merengue, mambo, and rumba with the experts from East End Ballroom in Riverhead.* This free group dance lesson is being held at their spacious 2nd floor studio with a professional dance floor, located at 16 West Main Street in Riverhead.

Sat. March 27, 4 p.m., Deep Hole Road, Baiting Hollow
Dancing with Horses at Blue Ribbon Farm
Experience the beauty and majesty of horses in motion with a free classical dressage demonstration, followed by refreshments! *Dressage is a highly disciplined equestrian art in which horses and riders demonstrate precise, elegant movements in patterns.*

Blue Ribbon Farm is located on Deep Hole Road in Baiting Hollow. www.blueribbon-farms.net (631)727-7388

Mon. March 29 - Thurs. April 1,
11 a.m. - 4 p.m., admission \$5 children, \$2 adults
Speed Stacking Program at the LI Science Center, 11 West Main Street, Riverhead
Use physics, brain power, and motion for Long Island Science Center's "Speed Stacking", a fun and challenging hand-eye coordination activity that combines science and sports! The activity runs during regular Science Center hours during this week, and is free. (631) 208-8000 for more information.