



**Above and Beyond
Community
Classes, Inc.
Presents:**

**Mondays 2-2:50pm
via Zoom
or In-Person**

Health & Wellness: Everyday Habits for Healthy Living with Gina Frisina, M.S.

\$360.00 for 8 Sessions of Fall I:

Mon-9/11, 9/18, 9/25, 10/2, 10/9, 10/16, 10/23, 10/30

\$315.00 for 7 Sessions of Fall II:

Mon-11/6, 11/13, 11/20, 11/27, 12/4, 12/11, 12/18

This ongoing class will continue offering new weekly topics so students can maximize their health and wellness habits knowledge under professional educators that are passionate about helping students lead a healthy lifestyle.

This informative and interactive class will be offered in-person at our Smithtown, NY location and online via Zoom. Instructor Gina Frisina is an excellent resource for healthy habits as she brings 20+ years of experience educating and coaching students from a variety of backgrounds & abilities.

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

**Open to the public, all are welcome via Zoom or at
Blue Umbrella Experience @35 West Main St, Smithtown**