



**ABOVE AND BEYOND
COMMUNITY
CLASSES, INC.
PRESENTS:**



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

HEALTH AND WELLNESS: Nutrition and More

with Gina Frisina, M.S.

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 Hauppauge, NY location and online via Zoom. Instructors Helene and Gina bring 20+ years of experience educating and coaching individuals from a variety of backgrounds and abilities and look forward to seeing you in class!

\$360.00 FOR 8 SESSIONS:

SPRING I: 3/6, 3/13, 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 OR

SPRING II: 5/1, 5/8, 5/15, 5/22, 5/29 (OFF), 6/5, 6/12, 6/19, 6/26

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY