

ABOVE AND BEYOND COMMUNITY CLASSES, INC. PRESENTS:

HEALTH AND WELLNESS: Nutrition and More Healthy Habits

**with Gina Frisina, M.S. &
Helene Schorr, M.S.**

Monday 2-2:50pm via Zoom or In-Person

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!

Offered Fall I Session 8 Weeks- 9/6-10/31/22

8 Mondays for \$360.00

9/12, 9/19, 9/26, 10/3, 10/10, 10/17, 10/24, 10/31

AND

Fall II Session, 7 Weeks- 11/2-12/22/22

7 Mondays for \$315.00

11/7, 11/14, 11/21, 11/28, 12/5, 12/12, 12/19

To register, email: chawkins@buexperience.org

More info & instructors' bios @

<https://www.abcommunityclasses.org>

Open to the public, all are welcome!

Take a Class... Join a Community

Via Zoom or @ 150 Motor Parkway, Hauppauge, NY