



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



**Thursdays 11-11:50am
via Zoom or In-Person**

PSYCHOLOGY: Study of Positive Psychology

with Erin Vlasak, M.S.

Get ready to find joy and gratitude in this interactive class with instructor Erin Vlasak! Positive Psychology is an emerging field that teaches us how the power of our thoughts and behavior directly affect our self-confidence and life experiences. Studying how human beings flourish and identifying what makes us happiest and how we can incorporate aspects of positive psychology into our own lives will be taught. Students will be encouraged to keep a gratitude journal, seek humor and joy and practice mindfulness.

\$360.00 FOR 8 SESSIONS:

**SPRING I: 3/2, 3/9, 3/16, 3/23, 3/30, 4/6, 4/13, 4/20 OR
SPRING II: 5/4, 5/11, 5/18, 5/25, 6/1, 6/8, 6/15, 6/22**

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