

## 2024 SPRING II CLASS INFORMATION

### Health & Wellness: Everyday Habits for Healthy Living

Mondays | 2:00 PM - 2:50 PM | Via Zoom and/or in-person

Instructor: Gina Frisina

Step into a journey of self-discovery and well-being with our Health & Wellness Exploration class. Embark on a transformative experience where each week unveils fresh insights and strategies to enhance your health and wellness habits. Led by dedicated professionals who are committed to empowering you on your path to a healthier lifestyle, this ongoing class offers a dynamic blend of information and interaction.

Join us either in-person at our Smithtown, NY location or online via Zoom for an engaging and interactive learning experience that caters to your preferences and schedule.

*About Your Instructor: Gina Frisina has over 20 years of experience in educating and coaching individuals from diverse backgrounds, of all abilities.*

## SPRING II SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- May 6
- May 13
- May 20
- June 3
- June 10
- June 17
- June 24
- July 1

*Please note, classes will not meet Monday, May 27th to observe Memorial Day.*



## PRICING

Spring Session II, 8-Weeks: \$360

## REGISTRATION

To register, email: [chawkins@buexperience.org](mailto:chawkins@buexperience.org)

More info & bio's at [www.abcommunityclasses.org](http://www.abcommunityclasses.org).

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