

Above and Beyond Community Classes, Inc. Presents:



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

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

\$360.00- 8 Weeks of Winter Session- Jan & Feb '24

Mondays: 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19, 2/26

\$360.00- 8 Weeks of Spring I Session- March & April '24

**Mondays: 3/4, 3/11, 3/18, 3/25, 4/1-No Class,
4/8, 4/15, 4/22, 4/29**

Did you know that there are 5 aspects of Health and 9 categories of Wellness? H & W is an ongoing class that is dedicated to offering new weekly topics so students have access to science-based health and wellness information via a professional educator. 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+ yrs of experience educating on Health & Wellness topics.

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**