

**Above and Beyond Community Classes, Inc. Presents:**

# **COMMUNICATIONS: PRESENTING WITH CONFIDENCE**

**with Erin Vlasak, M.S. and  
Bill Russell, M.S.**

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

Would you like to be a little less nervous when speaking to someone for the first time? Would you like to come up with different topics to discuss with family and friends? What does your "body language" tell the other person you are speaking too? Can deep breathing help before you speak to someone?

Why is eye contact important? Can empathy make you a better speaker? Are you secretly a "ham" and want to present at community hour? In this interactive class, we will tackle these questions by actively learning the ins and outs of Public Speaking. Erin Vlasak and William Russel are offering this class in-person at our Hauppauge location and via Zoom.

**\$360.00 for 8 Thursdays 2-2:50pm - 7/7, 7/14, 7/21, 7/28,  
8/4, 8/11, 8/18, 8/25**

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