

Above and Beyond Community Classes, Inc. Presents:

HEALTH AND WELLNESS: NUTRITION AND MORE HEALTHY HABITS

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

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

This class will continue 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 bring 20+ years of experience educating and coaching individuals from a variety of backgrounds and abilities and look forward to seeing you in class!

**\$360.00 for 8 Mondays from 2-2:50pm- 7/11, 7/18, 7/25,
8/1, 8/8, 8/15, 8/22, 8/29**

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