



Above and Beyond
Community
Classes, Inc.
Presents:

NOTE NEW TIME-
Thursdays
11-11:50am
via Zoom or In-Person

Psychology: **Study of Positive Psychology** **with Erin Vlasak, M.S.**

Fall I Session 8 weeks: \$360.00

Thurs.- 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19, 10/26

Fall II Session 7 weeks: \$315.00

Thurs.- 11/2, 11/9, 11/16, 11/30, 12/7, 12/14, 12/21

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 joy & practice mindfulness in order to learn the "reframing" technique central to Psychology.

To register, email: chawkins@buexperience.org
More info & bio's at <https://www.abcommunityclasses.org>
Open to the public, all are welcome via Zoom or at
Blue Umbrella Experience @ 35 West Main St, Smithtown