



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



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

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

**with Gina Frisina, M.S.**

This ongoing class will continue offering new weekly topics 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 Smithtown, NY location and online via Zoom. Instructor Gina Frisina 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 Sessions:**

7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

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!

Via Zoom or @ 35 West Main St, Smithtown, NY