

Above and Beyond Community Classes, Inc. Presents:

PSYCHOLOGY: THE ART OF HAPPINESS AND POSITIVE RELATIONSHIPS

with Erin Vlasak, M.S.

Thursdays 11-11:50am via Zoom or In-Person

Learning the art of staying in control of one's emotions is an important and vital skill to learn and practice! In this interactive class, the power of positivity will be explored and reviewed as well as the importance of emotional regulation in one's every day life. Stress management techniques and specific mindfulness practices to increase positive feelings will be taught. They do say that laughter is the best medicine, let's discuss this more and find out if there is truth to it! Instructor Erin Vlasak has almost 20 years of teaching experience in areas such as Psychology, Sociology, Travel, Math, Music, and Spanish. This class will be offered via Zoom and in person.

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

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