

ABOVE AND BEYOND COMMUNITY CLASSES, INC. PRESENTS:

HEALTH AND WELLNESS: Nutrition and More Healthy Habits

with Gina Frisina, M.S.



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

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 Hauppauge, NY location and online via Zoom. Instructors Helene and Gina bring 20+ years of experience educating and coaching individuals from a variety of backgrounds and abilities and look forward to seeing you in class!

7 Mondays for \$315.00

1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, (Off 2/20)

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