

Health & Wellness: Everyday Habits for Healthy Living

MONDAYS | 1:00-1:50 PM | INSTRUCTOR: GINA FRISINA
IN-PERSON & VIA ZOOM: SEPTEMBER-DECEMBER 2025

Each week, this interactive class unveils fresh insights and strategies to guide and improve your health and wellness habits. Led by Gina Frisina and her over 20 years of teaching such strategies for a healthier lifestyle, students can expect to learn the following:

- Identify the components of a balanced, healthy lifestyle
- Understand how nutrition (food labels and daily vitamin recommendations), sleep (the optimal schedule for you), exercise (short and long-term benefits of), and stress and time management interconnect
- Develop routines that promote daily wellness and long-term health
- Cultivate improved habits to manage screen time, digital wellness and daily routines
- How to set and achieve realistic S.M.A.R.T. goals for personal growth and well-being

We look forward to being a part of your journey towards your best life!

CLASS SCHEDULE

**Mondays Fall I September-October &
Fall II November-December 2025**

**Fall I: 9/1-Closed-Labor Day, 9/8, 9/15, 9/22, 9/29
10/6, 10/13-Columbus Day, 10/20, 10/27**

**Fall II: 11/3, 11/10, 11/17, 11/24
12/1, 12/8, 12/15, 12/22, 12/29-Closed**



PRICING

\$45/ Class Hour

REGISTRATION

To register, email: chawkins@buexperience.org
More info at www.abcommunityclasses.org