

Health & Wellness: Everyday Habits for Healthy Living

Mondays | 2:00 PM - 2:50 PM | Via Zoom and/or in-person

Instructor: Gina Frisina

Step into a journey of self-discovery and well-being with our Health & Wellness Exploration class. Embark on a transformative experience where each week unveils fresh insights and strategies to enhance your health and wellness habits.

Led by dedicated professionals who are committed to empowering you on your path to a healthier lifestyle, this ongoing class offers a dynamic blend of information and interaction. Topics and learning outcomes include: Optimal eating and sleeping habits, steps to creating improved habits, screen time do's and don'ts, and minimizing personal stress and improving time management.

Join us either in-person at our Smithtown, NY location or online via Zoom for an engaging and interactive learning experience that caters to your preferences and schedule.

SUMMER SCHEDULE

Please review the dates your class will meet over the course of the 8-week Spring II Session. All courses are available both virtually and in-person at The Blue Umbrella Experience studio, located at 35 W. Main St, Smithtown, NY, 11787.

- July 8
- July 15
- July 22
- July 29
- Aug 5
- Aug 12
- Aug 19
- Aug 26



PRICING

Summer Session,
8-Weeks: \$360

REGISTRATION

To register, email: chawkins@buexperience.org. More info at www.abcommunityclasses.org. Open to the public, all are welcome via Zoom or at Blue Umbrella Experience @ 35 West Main St, Smithtown, NY