

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 a dedicated professional who is 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.

CLASS SCHEDULE

Please review the dates your class will meet over the course of the selected session.

Fall I- 8 Weeks

9/9, 9/16, 9/23, 9/30,
10/7, 10/14, 10/21, 10/28

Fall II- 7 Weeks

11/4, 11/11, 11/18, 11/25,
12/2, 12/9, 12/16



PRICING

Fall 1 (8 Wks): \$360
Fall II (7 Wks): \$315

REGISTRATION

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