

All Ability Wellness

Laura Holland, MS, LMT, is an AASECT-certified Sexuality Educator, Health Educator, Wellness Specialist, and Licensed Massage Therapist with over 25 years of experience. She owns All Ability Wellness in Rocky Point, NY, where she provides individual and small-group health education classes.

Individual and Small Group Classes

- ◇ Healthy Relationships and Human Sexuality
- ◇ Nature Photography Guided Hiking
- ◇ Physical Fitness Instruction
- ◇ Healthy diet, exercise, and lifestyle
- ◇ Specialty Diets and Nutrition Meal Planning and Cooking
 - Specific allergen: gluten-free, dairy-free, anti-inflammatory
- ◇ Mindfulness Movement-Based Learning



Rates

- 50-minute 1:1 class in office - \$100
- 50-minute 1:1 virtual class - \$100
- 50-minute 1:1 class in client's home - \$175
- 75-minute small group classes - \$100

Virtual classes offered on ZOOM or FaceTime
Session length and frequency are determined based on individual client's needs.

www.allabilitywellness.com

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