

All Ability Wellness Health and Wellness Education Class

Join us for an engaging and inclusive Health & Wellness Education class that empowers individuals to make informed, healthy choices for a vibrant life. Through interactive discussions and hands-on activities, students will explore topics such as balanced nutrition, meal planning, personal well-being, and positive daily habits. This course supports the development of lifelong skills to promote healthy relationships, increased self-awareness, and overall wellness.

Students will learn to:

- Identify the components of a balanced, nutritious diet.
- Create simple, healthy meal plans that fit their lifestyle.
- Develop practical strategies to increase physical, mental, and emotional wellness.
- Understand the importance of healthy relationships and communication.
- Build positive daily habits that support long-term well-being.
- Strengthen self-awareness and personal responsibility for health choices.

Rates

50-minute 1:1 class in office - \$125

50-minute 1:1 virtual class - \$125

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



Laura Holland, M.S., is an AASECT Certified Sexuality Educator, Health Educator, and Licensed Massage Therapist who has worked in wellness for over 25 years. Laura owns All Ability Wellness in Stony Brook, NY, where she provides individual and small-group health education and sexuality education classes utilizing a variety of modalities and techniques, including mind-body awareness and mindfulness training.

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