


All Ability Wellness Spring 2025


Nature Photography & Guided Hiking Classes Saturdays 10:00–11:30 am

Laura Holland, MS
Laura@AllAbilityWellness.com 631-708-7770


Explore the beauty of **Long Island's parks and nature preserves** while developing your photography and hiking skills in a **fun, supportive, and immersive experience**.

 **Photography Instruction:** Learn **basic photography techniques** using your **cell phone or personal camera**, with access to a variety of professional **cell phone camera lenses**, including:

- **Telephoto Zoom Lens** – capture distant subjects
- **Fisheye Lens** – create unique circular effects
- **Macro Lens** – photograph flowers, insects, and small details
- **Wide-Angle Lens** – showcase sweeping landscapes

 **Guided Hiking & Outdoor Skills:** Learn essential hiking techniques, including:

- **Trail navigation & map reading**
- **Rhythm, flow & pacing**
- **Stretching, hydration & nutrition tips**

 **Mindfulness in Nature:** Incorporating mindfulness techniques, this class will help you **connect deeply with your surroundings**, enhancing both your hiking and photography experience.

- ◆ **Each class meets at a different park** (location details provided upon registration)
Commit to at least three sessions to build skills and confidence
Small group rate: \$100 per 90-min class (*plus park fees, if applicable*)
Photos taken during class can be shared in a private Facebook group
Open to all abilities—no prior photography or hiking experience needed!
- ◆ **Pre-registration is required. Sign up today** to secure your spot and start capturing the beauty of nature like never before! 🌿📷
- ◆ **Open to people of all abilities** - no prior photographic knowledge or experience is needed.
- ◆ **Registration is required** before attending classes. Location details and directions will be provided **only to registered participants**.

Please ensure your registration is confirmed before attending. Thank you!

*Park locations may change—please check the **All Ability Wellness** website for updates.

April

Saturdays 10:00-11:30am

April 12th Rocky Point State Pine Barrens Preserve (Rocky Point)
April 19th Blydenburgh – Smithtown (back entrance 100 New Mill Rd.)
April 26th Cathedral Pines County Park Middle Island

May

Saturdays 10:00-11:30am

May 3rd Avalon Park and Preserve Stony Brook
May 10th Southards Pond Park Babylon
May 17th Farmingville Hills County Park Farmingville
May 24th Nissequogue River State Park (Kings Park)
May 31st Setauket Greenway Trail

May

Tuesdays 10:00-11:30am

May 6th Blydenburgh – Smithtown (back entrance 100 New Mill Rd.)
May 13th Avalon Park and Preserve Stony Brook
May 20th Belmont Lake State Park North Babylon
May 27th Sunken Meadow State Park Kings Park

June

Tuesdays 10:00-11:30am

June 3rd Frank Melville Park East Setauket
June 10th Southards Pond Park Babylon
June 17th Nissequogue River State Park (Kings Park)
June 24th Cathedral Pines County Park Middle Island

Saturdays 10:00-11:30am

June 7th Belmont Lake State Park North Babylon
June 14th Prosser Pines Nature Preserve Middle Island
June 21st Sunken Meadow State Park Kings Park
June 28th Southaven County Park Yaphank

All Ability Wellness
Laura Holland MS
Laura@allabilitywellness.com
631-708-7770

Attendees MUST register prior to the first class at www.allabilitywellness.com