All Ability Wellness
Healthy Relationships and Human Sexuality for Teens and Young Adults Ages 18+

Sexual feelings and needs are a healthy and normal part of life. The primary focus of this course will be self-advocacy in human relationships and sexuality. Sexual self-advocacy empowers people to have healthy romantic relationships, to make informed choices, to be safe, and to express their desires and needs. Topics covered will include Dating 101 and Romantic Relationships, How Our Bodies Work and Caring for Your Body, Healthy Body Image, Reproductive Safety, and Consent.

This course will provide resources and tools to make healthy sexual choices. Students will learn and use medically accurate, age-appropriate, correct terms that prepare them to talk about their bodies and experiences. Lessons will consist of various lectures, small group work, and engaging activities to learn complex material in a fun and memorable way.

Personalized individual classes are available and tailored to meet the needs of students with specific learning requirements or unique goals related to sexual health. These classes are ideal for individuals whose learning needs or objectives cannot be fully addressed in a small group setting.

Rates
50-minute 1:1 class in office - $100
50-minute 1:1 virtual class - $100
50-minute 1:1 class in home - $150-$175
75-minute small group class - $100

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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