

## All Ability Wellness, LLC

Laura H. Pace, MS, LMT is a Health Educator, Wellness Specialist, and Licensed Massage Therapist. She has worked in the field of Massage Therapy for over 25 years and has a Master of Science in Health Education. Over the last decade she has taught several college courses in NH, MA, and NY, and currently teaches courses in Healthy Relationships and Human Sexuality. Laura is the owner of All Ability Wellness, LLC in East Setauket, NY where she provides individual and small group health education community classes.

### Individual and Small Group Classes

- ◇ Sexuality health education for teens and young adults
- ◇ Healthy diet, exercise, and lifestyle
- ◇ Fitness classes
- ◇ Specialty diets (gluten-free, casein-free, anti-inflammatory)
- ◇ Sensory Integration techniques
- ◇ Mind-body awareness
- ◇ Movement Based Learning
  - Rhythmic Movement Training™
  - Brain Gym™
  - Neurological Reorganization



### Rates

- 50-minute 1:1 class in office - \$100
- 50-minute virtual classes - \$100
- 50-minute 1:1 class in home - \$125-\$150
- 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.

Open to the Public  
Classes are appropriate for all ages  
and abilities  
No specific skills necessary

[www.allabilitywellness.com](http://www.allabilitywellness.com)

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