

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 22 years and has a Master of Science in Health Education. Laura's practice focuses on health promotion and wellness for children, youth and adults.

Small Group Instruction includes classes in:

- Sexuality health education for teens and young adults
- Health education for health promotion
- Healthy diet and physical fitness
- Specialty diets (gluten-free, casein-free, anti-inflammatory)
- Movement Therapy
- Sensory Integration techniques
- Mind-body awareness
- Healthy diet, exercise, and lifestyle

Benefits of Health Promotion Programs:

- Support and train individuals in health and fitness goals
- Self-advocacy
- Health promotion and disease prevention
- Improve quality of life
- Increase overall health and wellness
- Increase mind-body awareness
- Decrease muscular tension
- Improve gross motor and fine motor skills

Rates

60-minute 1:1 class in office - \$100

60-minute 1:1 class in home - \$125-\$150

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



All Ability Wellness, LLC
631-708-7770
laurahpace@gmail.com
East Setauket, NY