

All Ability Wellness, LLC
Laura H. Pace, MS, LMT
Health Educator and Wellness Specialist

Human Relationships and Sexuality

The primary focus of this course will be self-advocacy in human relationships and sexuality. Sexual feelings and needs are a healthy and normal part of life. Sexual self-advocacy empowers people to have healthy romantic relationships, to make informed choices, to be safe, and to express their desires and needs.

This course will provide resources and tools to make healthy sexual choices. Students will learn and use medically accurate, and age appropriate, correct terms that prepare them to talk about their body and their experiences.

The class lessons will consist of lectures, small group discussions and activities using correct information that supports sexual self-advocacy, and will be tailored to meet the individual needs of each student.

Topics include: Different types of relationships, Public and Private Communication, Moving from friend to Partner/Sweetheart, and the Many Roads to Being in a Relationship.

Parent/Caregiver Workshop

Talking with our young and grown children about sexuality can be a difficult task. As parents and guardians, we often worry whether talking about it gives permission and whether they can be safe from harm when they are in relationships. This workshop will help you become more comfortable discussing this topic by covering what topics to cover when and the most effective ways to talk about this sensitive topic.

Goals:

- Examine barriers to talking about sexuality.
- Gain knowledge about sexuality and developmental disabilities.
- Acquire and practice skills in communicating about sexuality with our young and grown children.

Laura H. Pace, MS, LMT is a Health Educator, Wellness Specialist and Licensed Massage Therapist. Over the last decade she has taught several community college courses and is currently adjunct faculty at the New York College of Health Professions in Syosset. Laura is the owner of All Ability Wellness, LLC in East Setauket where she provides individual and small group Health and Wellness Education community classes. Her primary focus is health promotion and wellness education to children, youth, and adults with special needs and their families.



Please contact All Ability Wellness for additional information regarding small group and individual community classes.

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