

LI STRIVE @ DANCE CENTRE OF THE  
HAMPTONS PRESENTS:

# OUR MOVEMENT AND WELLNESS CLASS



Join us at LI Strive for our curriculum based Movement and Wellness Class designed to support essential life skills, improve independence, and enhance overall well-being. Join our small group to support your unique emotional and physical well being.

## WHAT YOU'LL LEARN:

- Motor development
- Strengthening
- Focus and attention

**Instructor: Heidi MacAlpine, certified Wellness Instructor**

THURSDAYS  
11-11:45 AM  
\$110/CLASS

## More info:

460 County Rd 111, Ste 21  
Manorville, NY 11949

631-223-8806

REGISTER AT [LISTRIVE.COM](http://LISTRIVE.COM)