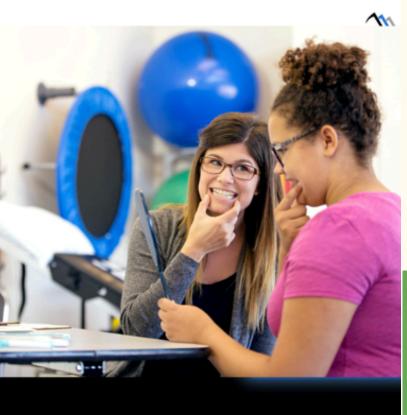
LI STRIVE @ DANCE CENTRE OF THE HAMPTONS PRESENTS:

## 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