

LI STRIVE @ DANCE CENTRE OF THE
HAMPTONS PRESENTS:

OUR HEALTHY HABITS COMMUNITY CLASS



Welcome to our Healthy Habits community class! Our Personal Trainer and Special Educator will take you on a journey each month to create Healthy Lifestyle Habits! Join us to learn how to make and enjoy your own healthy choices! You will learn about nutrition through fun engaging games and research as well as practice hands-on shopping skills and create your own recipes in an engaging and supportive environment! Email us to sign up for classes today!

All classes are for **EVERYONE 14+!!**

Classes: Tuesday 2:30-3:30PM

Dates: 10/7/25-7/1/26

Class Instructors: Dr. Heidi MacAlpine & Christine Racca

TUESDAYS
2:30-3:30 PM
\$65/CLASS

INCLUDES ALL MATERIALS

460 County Rd 111, Ste 21
Manorville, NY 11949

631-223-8806

REGISTER AT LISTRIVE.COM