

LI STRIVE @ DANCE CENTRE OF THE HAMPTONS PRESENTS:

OUR HEALTHY HABITS COMMUNITY CLASS



Program Title: Healthy Habits!!!

Location: LI Strive – 460 County Road 111 Suite 21, Manorville

Dates /Day / Time:9/1/25-8/31/26, Tuesdays, 2:30–3:30PM

Offered to: Everyone ages 14+

Instructor: Christine Racca, MS Ed, SDA, Dr. Heidi MacAlpine

Program Overview

- Builds understanding of healthy food choices and how nutrition supports the body and mind
- Teaches the importance of exercise and movement for physical health, emotional regulation, and confidence
- Encourages positive self-care routines, including hygiene, rest, stress management, and emotional awareness
- Strengthens daily living skills such as planning, budgeting, decision-making, and independence
- Includes simple, healthy recipe preparation, promoting kitchen safety, teamwork, and independence
- Supports social skills development, including communication, cooperation, and turn-taking

Projected Outcomes:

- Identify healthy vs. less healthy food options
- Demonstrate basic grocery shopping skills, including selecting items and completing a purchase
- Participate in preparing simple, healthy recipes with appropriate support
- Engage in regular physical activity through structured exercise and games
- Follow basic self-care routines with increased independence
- Show improved decision-making, confidence, and self-advocacy
- Apply healthy habits learned in class to daily life at home and in the community

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