



www.listrive.com

631-223-8806

Healthy Habits Community Class

A community class led by a Special Educator, focused on building healthy lifestyle habits. Students learn about healthy habits such as proper nutrition, self care and exercises through hands on activities, interactive games and movement. Students will learn how to shop for and purchase nutritious foods to create simple recipes in an engaging, supportive setting.



Tuesdays

2:30-3:30PM



**INSTRUCTORS: CHRISTINE RACCA,
HEIDI MACALPINE**



OPEN TO EVERYONE 14+



\$65/CLASS

Address:



**460 County Rd 111, Ste21,
Manorville, NY 11949**



Website:

www.listrive.com

LI Strive....an inclusive community where everyone thrives!....