

Movement & Wellness Community Class

A small-group Movement & Wellness class designed to support essential life skills, improve independence, and enhance overall well-being. Participants work on movement with intention, strength, core and motor development as well as focus and attention in a supportive environment.



Dr. Heidi MacAlpine, Certified Trauma Informed Wellness Instructor



**\$110/transition class
\$75/group**



**Thursdays: varied hours
August 1, 2026– July 31, 2027**

Learn More

www.listrive.com
631-223-8806



LlStrive....an inclusive community where everyone thrives!...