

PBS Adult Continuing Education Distance Learning Online Course



2020 Summer II:

Achieving a Healthy Lifestyle & Mindset

Tuesdays & Thursdays, 9:30 - 11 AM

10 Virtual Classroom Meetings:

July 14, 16, 21, 23, 28, 30, August 4, 6, 11, 13

REGISTER TODAY!

- * Classes will be held online through Zoom. Training materials will be provided to assist students in navigating these systems.
- * Tuition for the course is \$300.00 for the semester, payable via credit card on the PBS web site.

See reverse side for course description.

**Visit our website for complete schedule of classes
and detailed registration instructions.**

To Register: <http://www.positivebehavior.org/adult-education.html>

Questions: AdultEd@PositiveBehavior.org

Achieving a Healthy Lifestyle & Mindset

Welcome to Achieving a Healthy Lifestyle & Mindset! This course will focus on different aspects of how we can positively treat our bodies and minds. Students will develop an understanding of what it means to maintain and apply a healthy lifestyle and well-being, both now and for the lifetime. Practicing healthy nutrition, exercise and mindfulness will be extensively covered in this class.

Topics covered include:

- Understand the different components that make up a healthy lifestyle
- Demonstrating their understanding of the topic through various independent & group activities
- Participate in reciprocal conversations with both instructor and peers
- Apply healthy strategies to their own lives
- Self-monitor their own lifestyle and health routines using checklists/journaling
- Create and set healthy goals to achieve
- Recognize the difference between healthy and poor lifestyle choices
- Identify preferred coping strategies to support a healthy mindset

Assignments will involve practicing learned skills and engaging in healthy behaviors between classes!

Meet the Instructor



Christine Hanley has a Bachelors Degree from Stony Brook University in ELA Secondary Education and a Master's Degree from Queens College in Special Education.

Christine wears many hats. She is a valuable team member to the PBS family, supporting several districts and self-directed families. She has experience in aiding in the development of diet specific meal plans for a diverse range of individual needs.

She is dedicated to working out and keeping up with a healthy lifestyle by networking with physical trainers and health nutritionists. She is eager to jump in and share this wealth of healthy knowledge to the PBS Campus Experience.

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students benefit from being engaged with interesting material and collaborating with other students.