

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

PBS Adult Continuing Education
at
the Charles B. Wang Center
on the campus of
Stony Brook University

Fall 2019:
Physical Health and the Body

Fridays, 10:45 AM - 12:15 PM

Classes are held

Sept 13, 20, 27; Oct. 4, 11, 25; Nov. 1, 8, 15, 22; Dec. 6, 13

Class size is limited to 15 students

REGISTER TODAY!



Tuition for the course is \$425.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

See reverse side for course description.

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

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

Questions: AdultEd@PositiveBehavior.org

Physical Health and the Body

This course will give students an understanding of good physical health and how to maintain physical health and well-being, both now and in the future.

Topics include:

- Systems of the body
- What good and poor health looks and feels like
- Where to seek help when you feel sick
- How our bodies are affected by specific foods and chemicals

Students will learn about proper nutrition and exercise by engaging in fun, interesting and practical learning activities. Guest speakers will share their expertise on relevant topics to give students the information and tools to maintain a healthy lifestyle.

Sign up to start Living Healthy today!

Meet the Instructor



Christine Hanley obtained her Bachelors Degree at Stony Brook University in ELA Secondary Education. She earned her Master's Degree in Special Education and Applied Behavior Analysis at Queens College.

Christine wears many hats! She is a valuable team member to the PBS family, supporting students in several school districts and self-directed individuals. She is also a shift Leader at Developmental Disabilities Institute with experience in aiding in the development of diet specific meal plans.

Christine is dedicated to working out and keeping up with a healthy lifestyle and collaborates on her goals (and the goals of those she

supports) 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 Continuing 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 inherently benefit from being engaged in an active college environment.

Space made possible through a grant from
Positive Behavior Support Community Foundation