

POSITIVE | BEHAVIOR | SUPPORT | CONSULTING

& PSYCHOLOGICAL RESOURCES, P.C.

PBS Continuing Adult Education at Nassau Community College

Spring 2019: Physical Health & the Body

Wednesdays, 9:00 a.m. - 10:00 a.m.

Semester runs Jan. 30 - May 29, 2019

Registration is limited to 15 students

REGISTER TODAY!

Tuition for the course is \$350.00 for the semester. PBS can receive payment directly from an approved 3rd party payer (FI).

There is a separate \$150 registration fee payable to the NCC continuing education program for the semester.

Students do not need to be Nassau county residents to enroll.

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 & 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.

Sign up to start Living Healthy today!

Meet the Instructor



Robin Black, MsEd: Robin has a Master of Science in Teaching from Fordham University, Lincoln Center and also studied at Touro College, completing coursework in teaching students with disabilities. She is a NYS, dual-certified teacher, licensed for both Elementary Education and Students with Disabilities. She has years of experience working with students on behavioral intervention strategies and as a Direct Support Staff Trainer, with a focus on high school to college transition. Robin began teaching at Nassau Community College's School of Lifelong Learning in the Fall of 2012. She covers topics such as Technology, Sociology, Finance, Communication, Safety and Maintaining Emotional and Physical Health. In addition to teaching, Robin has provided parent training and counseling, academic support, job coaching and development, staff training and community & vocational development services.

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 inherently benefit from being engaged in an active college environment.

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