



Programs @ 130 Adult Ed Classes

KIDS NUTRITION: WHAT HAPPENED TO IT?

*1 Session/\$10 with Dr. Daniel Benilevi
Monday, November 18th at 8:30pm*

BALLROOM DANCING (ENGAGED & MARRIED COUPLES)

*5 Sessions/\$150 per couple
Mondays: Nov. 18th, Nov. 25th, Dec. 2nd, Dec. 9th & Dec. 16th
9:15-10:15pm*

KRAV MAGA FOR ADULTS

*5 Sessions/\$100
Mondays: Nov. 18th, Nov. 25th, Dec. 2nd, Dec. 9th & Dec. 16th
9:00-10:00pm*

*To register, call or email
Avital at 516-708-9999 or
avital@mashadi.org*