

Laura H. Pace, MS, LMT
Wellness Specialist
Health Educator

Laura H. Pace is a Health Educator, Wellness Specialist, and Licensed Massage Therapist. She has worked in the field of Massage Therapy for over 20 years and has a Master of Science in Health Education. Laura's practice focuses on health promotion and wellness for children and adults with disabilities. Laura is currently an instructor at the New York College of Health Professions in Syosset, NY.

Benefits of Health Promotion Programs:

- Support and train individuals in health and fitness goals
- Health promotion and disease prevention
- Improve quality of life
- Increase overall health and wellness
- Reduce anxiety and stress
- Increase mind-body awareness
- Decrease muscular tension
- Improve gross motor and fine motor skills

Small Group Instruction includes classes in:

- Health education for health promotion
- Mindfulness-based stress reduction
- Healthy diet and physical fitness
- Specialty diets (gluten-free, casein-free, anti-inflammatory)
- Address concerns with weight, nutrition, and physical fitness
- Increase independence in meal planning and preparation
- Provides consultation on healthy diet, exercise, and lifestyle
- Movement Therapy
- Sensory Integration techniques
- Mind-body awareness

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