



Programs @ 130 Adult Ed Classes

*A New Year A New You: Increase Energy & Decrease Stress
1 Session/\$15*

Monday, December 16th

Time: 8:30-10:00pm

Instructor: Claudine Sarraf-Amirian Lac, Mstom

Persian Delights

2 Sessions/\$40

Tuesdays: December 17th & January 7th

Time: 8:30-10:00pm

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