

June 2010 Class Schedule

GW105: Can you Hear Me Now; Preserve the Hearing you've Got

Learn about hearing loss, causes of hearing disorders, and how hearing impairments can affect daily living, communication, and well being. Topics include prevention of hearing loss (at home and on the job) and strategies for improving communication success, if you already have a hearing loss. Let us help you preserve a lifetime of healthy hearing!

Date	Time	Bldg	Room
Jun-3	12:00 PM	B4S	2419
Jun-16	12:00 PM	B15	131

FT105: Your Personal Fitness Assessment

Why is "fitness" important to health and how do you know if you're "fit"? Is there a difference between recreation, exercise and fitness? Assess your personal fitness level in class and find out if it's really helping you reach your health goals. Refine your goals if necessary and learn how to stay on track toward a healthier you.

Date	Time	Bldg	Room
Jun-2	11:00 AM	B4S	1419
Jun-9	11:00 AM	B45	451
Jun-9	12:00 PM	B45	451
Jun-16	11:00 AM	B15	131

NT104: Dining Out – Can it Be Part of a Healthy Lifestyle?

Ever wonder if you are making the best choices when you are dining out? With busy and stressful schedules, we have made dining out a bigger part of our lives than ever. Come learn about how to keep your healthy habits intact when dining away from home.

Date	Time	Bldg	Room
Jun-2	12:00 PM	B4N	3065
Jun-8	11:00 AM	B30	2090
Jun-15	11:00 AM	B15	131

SM105: Who Ate My Cheese?

Sometimes you feel like your cheese isn't just moved but gone completely. In addition to stress, big changes create shock, anger and grief. Learn about pragmatic, effective coping and resiliency skills to help navigate big changes in life, as well as strategies for replacing the cheese with even better cheese.

Date	Time	Bldg	Room
Jun-3	11:00 AM	B4S	2419
Jun-17	11:00 AM	B15	131
Jun-17	12:00 PM	B15	131

BC104: Get Up, Get Out, Get Moving; Why Physical Activity Works!

Physical activity plays a significant role in disease prevention and health. Leisure time physical activity has decreased in our nation and obesity is on the rise. Learn more about how inactivity can impact your life and what you can do to reduce your risk. Let us help you get up, get out and get moving in a healthy direction. This is a repeat of BC104 from 2009.

Date	Time	Bldg	Room
Jun-1	12:00 PM	B4S	2419
Jun-8	12:00 PM	B30	2090
Jun-15	12:00 PM	B15	131