

2009 HEALTH EDUCATION PROGRAMS



Pre-registration is required to secure space in the class or classes of your choice.

REGISTRATION INFORMATION FOR:

- Senior Fitness Program
- Eat Better & Move More Program
- Senior Strength and Stretch Class
- Senior Water Aerobics

GRCC Continuing Education & Professional Development

Phone: (616) 234-3400

E-Mail: continuingeducation@grcc.edu

Online registration is also available at:
www.grcclearn.com (click on Older Learner Center)

REGISTRATION INFORMATION FOR:

P.A.T.H.
(Personal Action
Toward Health)

Call Julie Lake at
Senior Neighbors
(616) 233-0283

All GRCC Older Learner Center Health Education programs will be facilitated by Master's Prepared Fitness Instructor and Certified Personal Trainer, Jodi Kuyt.

These Health Education programs are being made available to Kent County seniors thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.

*Suggested donations are strongly encouraged. However, no one will be denied participation based on an inability to pay.
Registration for each of these programs is limited.

Driving instructions and campus parking information will be provided to participants upon program registration.

Grand Rapids Community College is an equal opportunity institution. GRCC is a tobacco free campus.

149289 12/08



Continuing Education & Professional Development
143 Bostwick Avenue, NE
Grand Rapids, MI 49503-3295

NON-PROFIT ORG.
U.S. POSTAGE
PAID
GRAND RAPIDS, MI
PERMIT NO. 415

2009 HEALTH EDUCATION PROGRAMS



A number of Health Education programs are being offered to Kent County seniors (60+) by the Grand Rapids Community College Older Learner Center.

These include a **Senior Fitness Program** designed to promote health by providing opportunities for fitness/wellness assessment and monitoring, aerobic and aquatic exercise, strength training, and increased personal fitness;

a faster paced **Senior Strength and Stretch Class** designed for seniors looking to strengthen and stretch their muscles;

an **Eat Better & Move More** nutrition and physical activity program designed to help seniors to discover how easy it is to improve their health by making small changes in their diet and physical activity levels;

and **Senior Water Aerobics** offering a great cardiovascular and strength workout in water!

Grand Rapids Community College
OLDER LEARNER CENTER

These Health Education programs are being made available to Kent County seniors thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.

2009

HEALTH EDUCATION PROGRAMS



These Health Education programs are being offered by the Grand Rapids Community College Older Learner Center.

Senior Fitness Program

(20 Sessions)

This weekly fitness program is designed to promote health by providing opportunities for fitness/wellness assessment and monitoring; aerobic and aquatic exercise; strength training, and increased personal fitness. Each session led by a Masters prepared Wellness Educator and Certified Personal Trainer will include 45 minutes of fitness activity/exercise; use of fitness equipment and facilities; and individualized fitness/wellness assessment and monitoring available to all program participants on a rotation basis. This program will be held in room 304 of the GRCC Gerald R. Ford Fieldhouse.

Registration for this program is limited to 25 participants. A suggested donation of \$20* is strongly encouraged for participation in this 20-week program.

Dates/Times:

Friday mornings from 10 to 11 a.m.
on January 9, 2009 through May 29, 2009
(this excludes Good Friday on Friday, April 10, 2009)

Senior Strength and Stretch Class

(26 Sessions)

If you are a senior looking to improve your strength, flexibility, balance, and range of motion, this class is for you! Strength training helps reduce, and reverse the effects of Osteoporosis, so what are you waiting for, sign up now! Yoga, Pilates, and hand weights will all be incorporated into this class. Exercises will be showed that you can continue practicing in your own home! This class will meet twice a week in room 304 of the GRCC Gerald R. Ford Fieldhouse.

Registration for this class is limited to 25 participants. A suggested donation of \$25* is strongly encouraged for participation in this 26-week class.

Dates/Times:

Monday and Wednesday afternoons from 12:15 to 1:15 p.m. from Monday, February 2, 2009 through Wednesday, April 29, 2009

Eat Better & Move More Program

(13 Sessions)

Eat Better & Move More is a program developed by the National Council on Aging as part of their You Can – Steps To Healthier Aging national initiative. This 13-week nutrition and physical activity program will help senior participants to discover how simple it can be to make small changes for better health. This classroom based program will be held in the GRCC Wisner-Bottrall Applied Technology Center.

Registration in this program is limited to 25 participants. A suggested donation of \$12* is strongly encouraged for participation in this 13-week class.

Dates/Times:

Friday mornings from 11 a.m.-12 p.m.
on February 6, 2009 through May 8, 2009
(this excludes Good Friday on Friday, April 10, 2009)

Senior Water Aerobics

(13 Sessions)

Get the workout you need without all of the stress to your joints! You will get a great cardiovascular and strength workout in water. Participants are encouraged to work and progress at their own pace while enjoying GRCC's pool! This class will meet weekly in the Gerald R. Ford Fieldhouse Pool.

Registration for this class is limited to 25 participants. A suggested donation of \$12* is strongly encouraged for participation in this 13-week class.

Dates/Times:

Wednesday afternoons from 11:45 a.m. – 12:45 p.m. on September 23, 2009 through December 16, 2009

REGISTER FOR THESE CLASSES:

- Senior Fitness Program
- Senior Strength and Stretch Class
- Eat Better & Move More Program
- Senior Water Aerobics

Through GRCC's Continuing Education & Professional Development

GRCC is hosting this health education program:

P.A.T.H. (Personal Action Toward Health) (6 Sessions)

Friday mornings from 10:00 a.m. to 12:30 p.m. on April 17, 2009 through May 22, 2009

P.A.T.H. (Personal Action Toward Health) is based the Stanford Chronic Disease Self-Management Program. This self-management course has shown to help participants gain confidence in their ability to control their symptoms and find new ways to reduce the negative effects that chronic health problems have on their lives.

GRCC is hosting this 6-week health education program, funded by Kent County Senior Millage and offered by Senior Neighbors. This classroom based program will be held in the GRCC Wisner-Bottrall Applied Technology Center. Participants must be 60 and older and a Kent County resident. A suggested donation of \$10 is encouraged for participation in this program.

To register for P.A.T.H. call Julie Lake at Senior Neighbors at (616) 233-0283.