



Positive Happenings Forest Lake Area Schools Community Education

Adult Lifelong Learning

Improve your skills. Balance your life. Have some fun.

Adult Lifelong Learning Offers Service to the Community

Adult Lifelong Learning may be best known for offering classes that provide opportunities for people to improve their fitness, learn a new skill, focus on their finances, or increase their knowledge. Forest Lake Area Schools Community Education Adult Lifelong Learning also offers free classes as a service to the community and a way to link residents with the resources that can help them improve their lives.

This fall, Community Education is offering the following classes in an effort to provide valuable services to our community:

- Savvy Social Security Planning:
Maximize Your Retirement Income
- Investing Matters:
9-12th Graders & Their Parents
- Social Security Disability
- Bone Up on Osteoporosis
- Heartburn & Acid Reflux:
Answers to Digestive Problems
- What to do About Mom:
When Dementia Hits the Sandwich Generation
- Land of 10,000 Resources:
Linking People with Disabilities to Community Resources
- Living on Your Own:
Resources and Financial Information for Young Adults



The physical, emotional and financial health of the entire community is important. Community partners and volunteer instructors allow us to share information through these classes at no charge to participants.

The classes highlighted here represent a small portion of what is offered through the Adult Lifelong Learning program.

If you have questions or would like additional information, please contact

Laurie Drolson at 651-982-8334 or Ldrolson@flaschools.org.

Browse all opportunities for Adults Lifelong Learning opportunities on the Community Education website:

www.communityed4u.org or call (651) 982-8110 to register.