



Positive Happenings Forest Lake Area Schools Community Education

Adult Lifelong Learning

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

From the latest tech gadgets to methods that are thousands of years old, Adult Lifelong Learning offers a wide variety of opportunities to help you engage your mind, move your body, learn about your world and have some fun!

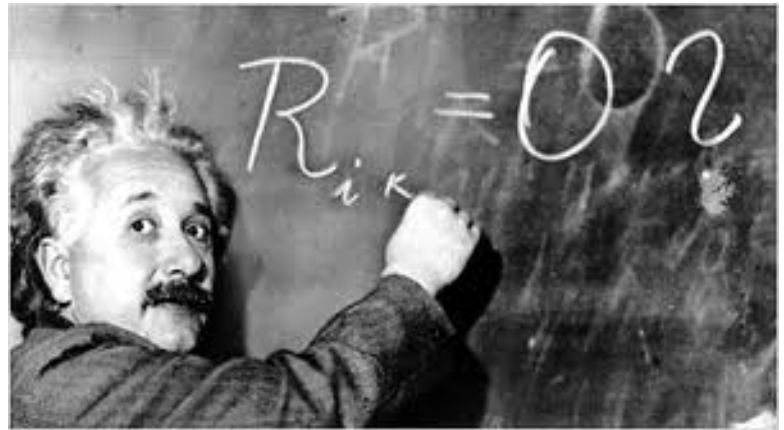
A few interesting classes that are being offered this fall include:

Smart Phones, iPads and Tablets, Oh My!

Tech savvy teens from the Lakes Area Youth Service Bureau/Community Ed Youth Advisory Board will help participants stay up on current technology. This inter-generational opportunity will benefit everyone!

Tai Chi

Originating in Ancient China, Tai Chi helps to relieve pain and reduce stress while improving posture and balance. Judy Kloos is certified Tai Chi instructor who has been trained through the Arthritis Foundation.



Fitness Boxing & Circuit Training

Work with Rachel Schley a nationally top-ranked boxer with over ten years coaching and boxing experience to lose weight and build confidence through this workout using the heavy bag, speed bag, weights and hand pads.

Here is what a couple recent participants said about Fitness Boxing:

I loved boxing! I didn't think I would but I do! Rachel made it fun and made me want to work hard! - Kassity
Best fitness class I've taken. After just 5 classes I feel so much stronger. - Karen

Crime Prevention

Detective Ashley LaValle from the FLPD will teach you how to protect yourself against financial crimes, fraud and identity theft. She will also talk about recent local crimes and provide information on how to form a Neighborhood Watch.

“Intellectual growth should commence at birth and cease only at death.”

Albert Einstein

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, Secondary Youth & Adult Program Coordinator at 651-982-8334 or Ldrolson@flaschools.org

Larry Damico, Adult Program Planner at 651-982-8303 or Ldamico@flaschools.org

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

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

9-2012