

National Community Education Day is Tuesday, Nov 16, 2010.

Forest Lake Area Schools Community Education is offering FREE classes and activities in recognition of National Community Education Day. We hope you'll come, try something new and enjoy what Community Education has to offer.



Photo submitted by Chris Thompson

Pre-registration is required unless otherwise designated. Two ways to register:

- Online - go to www.communityed4u.org and click on "Classes"
- By phone - call 651-982-8110

Community Education: Engaging People, Enriching Lives

The purpose of Forest Lake Area Schools Community Education is to promote learning by offering educational, social and recreational opportunities for everyone.

Core Values:

- Customer Service
- Education and Learning
- Honesty and Integrity
- A Safe, Supportive and Caring Environment
- Providing Opportunities for All



If you have questions about Community Education, please contact us at (651) 982-8110 or visit us online at www.communityed4u.org

*Celebrate
National
Community
Education Day
with us!*



**Forest Lake Area Schools
Community Education is
celebrating with a week full of
FREE classes and activities for you!**

FREE for Adults...



What to Do About Mom: When Dementia Hits the Sandwich Generation

If you have a loved one with dementia, let us help you with ideas, resources, treatment options, medication information, safety concerns and support.

7515-F10 Nov 15 Mon
6-8pm Free
CLC (door 1) C8

Preventing Repetitive Motion Injuries

Learn how to improve body mechanics, use task rotation, modify work station design and perform stretching and strengthening exercises to prevent repetitive motion injuries.

7520-F10 Nov 15 Mon
6-7:30pm Free
OSI Physical Therapy
146 North Lake St, Forest Lake

Cholesterol & a Healthy Heart

We will discuss the foods you should and shouldn't eat to have a healthy heart. We will also answer the tough questions including: Is an aspirin a day good for my heart? Are my cholesterol drugs bad for my heart? Can my cholesterol get too low?

7521-F10 Nov 16 Tue
6:30-8pm Free
Cent JH Media

FREE for Adults...

Raising Daughters: Challenges & Strategies

Girls in our culture are bombarded with confusing messages from society. We will discuss challenges our daughters face growing up in today's world and ways we can support them on the path through adolescence.

9104-F10 Nov 16 Tue
7-8:30pm Free
CLC (door 1) C8

Co-ed Volleyball

Enjoy an evening out with a recreational game of volleyball. Wear comfortable clothes and athletic shoes. No pre-registration is required.

9446-F10 Nov 17 Wed
7-9pm Free
Cent JH Gym

Men's Basketball

Love to play basketball, but don't have a full team? This is the place for you! You can perfect your free throws and lay ups and play recreational pick-up ball with other participants. No pre-registration is required.

9447-F10 Nov 17 Wed
7-9pm Free
CLC (door 1) Main Gym

Investing Matters - Grades 9-12 & Parents

Making good choices about money now will help your teen to achieve their financial goals in the future. This workshop will teach teens what they need to know about the basics of saving, investing, debt and credit. Parents and grandparents are encouraged to attend.

5908-F10 Nov 18 Thu
6:30-8:30pm Free
FLAHS (door 9) Media

Pre-registration required unless otherwise designated. Please visit www.communityed4u.org for full class descriptions and to register online or call 651-982-8110.

FREE for Families...

Taekwon-Do - Ages 6-11 & Parents

Training includes self-defense, physical strength, flexibility, self-control, confidence and discipline. Wear loose clothing. No pre-registration is required.

4670-F10 Nov 16 Tue
6:30-7:30pm Free
CLC (door 1) Main Gym

Birth - 5 years Play Group

Enjoy some uninterrupted time with your child. An early childhood teacher will have a variety of activities for you to enjoy. There is no parent discussion time. No pre-registration is required.

2807-F10 Nov 19 Fri
10:15-11:15am Free
Family Center-CLC

Infant - Toddler Play Group

Enjoy a play group designed for children birth - 24 months. An early childhood teacher will guide play and be available to answer your questions. No sibling care available. No pre-registration is required.

2808-F10 Oct 1 - Dec 10 Fri
11:30-12:30pm Free
Family Center-CLC
No Class Oct 22, Nov 26



Recreational Swim

Enjoy the pool for recreational swimming. Participants under 50 inches must be accompanied in the water by a guardian. Lifejacket or water wings are permitted. No pre-registration is required.

1414-F10A Nov 19 Fri
7:30-8:30pm Free
Community Pool at SWJH