These Health Education programs are available to Kent County residents age 60 and older thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.

- **Strength and Stretch Class** is faster paced and designed for individuals looking to strengthen and stretch their muscles.

- **Health Club** will promote health by providing opportunities for fitness/wellness testing and assessment.

- **Fitness Program** designed to promote health by providing opportunities for fitness/wellness through aerobic exercise, strength training, and increased personal fitness.

All GRCC Older Learner Center Health Education programs are facilitated by Master Trainer and Wellness Educator, Lannie Collard.

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

These Health Education programs are available to Kent County residents age 60 and older thanks to Kent County Senior Millage funding from the Area Agency on Aging of Western Michigan.
Strength and Stretch Class  
(49 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 are incorporated into this class. Exercises will be shown that you can continue practicing in your own home! This class meets twice a week in Room 304, GRCC Gerald R. Ford Fieldhouse.  
Registration for this class is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $49*.  

Dates:** January 12, 2015 to July 1, 2015  
(no session on Monday, May 25, 2015—Memorial Day)  

Days/Times:** Monday and Wednesday afternoons from 12:30 to 1:30 p.m.

Health Club  
(22 Sessions)  
The Older Learner Center Health Club will promote health by providing opportunities for fitness/wellness assessment; aerobic and other forms of exercise; strength training, increased personal fitness, socialization, and FUN. Each session includes 45 minutes of fitness activity/exercise, use of fitness equipment and facilities. This program is held in Room 304, GRCC Gerald R. Ford Fieldhouse.  
Registration for this program is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $22*.  

Dates:** January 16, 2015 to June 26, 2015  
(no session on Good Friday, April 3, 2015; and no session on Friday, May 1, 2015—GRCC Commencement)  

Day/Time:** Friday mornings from 9:00 to 10:00 a.m.

Fitness Program  
(15 Sessions)  
This weekly fitness program is designed to promote health by providing opportunities for fitness/wellness through aerobic exercise; strength training, and increased personal fitness. Each session includes 45 minutes of fitness activity/exercise, and use of fitness equipment and facilities. This program is held in Room 304, GRCC Gerald R. Ford Fieldhouse.  
Registration for this program is limited to 35 participants. Program costs are supplemented by Kent County Senior Millage. Co-payment is $15*.  

Dates:** September 4, 2015 to December 18, 2015  
(no session on Friday, November 27, 2015—Thanksgiving break)  

Day/Time:** Friday mornings from 9:00 to 10:00 a.m.

Registration Information for All Three Programs:  
GRCC Older Learner Center  
Phone:  (616) 234-3483  
Online:  www.grcc.edu/olcregistration  

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

Enrollment for these classes will begin on November 17, 2014.

*Scholarships are available if unable to afford co-payment.  **All class dates and times are subject to change.