50+ WELLNESS PROGRAM

Tuesdays 6 weeks $95  
Jan 23-Feb 27  
3:5:30pm | COM06 Computer Basics  
Minimum or no experience necessary. Bring flash drive.  

Wednesdays 8 weeks $95  
Jan 31-Mar 21  
9:10-10:40am | COM92 Osteoporosis Workout  
Bring a set of 2lb ankle/wrist weights and wear sneakers.

Thursdays 6 weeks $95  
Jan 25-Mar 1  
3:5:30pm | COM58 Computer Basics II  
Some knowledge of Windows 10/word processing. Bring flash drive.

Fridays 8 weeks $95  
Feb 2-Mar 23  
10-11:30am | COM09 Yoga & Pilates  
Bring a yoga mat and yoga belts.
11:45am-1:15pm | COM01 Dancing Fitness  
Bring 2lb hand weights & dance shoes. No street shoes.
12pm OR 1:15-2:15pm | COM02 Aquasize  
Bring bathing suit, towel, water shoes and a lock.

Saturdays 8 weeks $95  
Feb 3-Mar 24  
9:30-11am | COM74 Chair Yoga-size  
Wear sneakers and bring resistance tubes to each class.
11:15am-12:45pm | COM61 Disco Workout  
Wear sneakers and bring resistance tubes to each class.
4:5pm | COM02 Aquasize  
Bring bathing suit, towel, water shoes and a lock.

Sundays 8 weeks $95  
Feb 4-Mar 25  
9:30-11am | COM42 Arthritis Workout  
Bring 2-3lb weights and sneakers to each class.
11:15am-12:45pm | COM76 Zumba Gold  
Wear sneakers and bring a set of 2 or 3lb. hand weights to each class.
1:15-2:15pm OR 2:30-3:30pm | COM02 Aquasize  
Bring bathing suit, towel, water shoes and a lock.

Workshops

COM62 WHAT’S HOLDING YOU BACK FROM YOUR DREAMS AND GOALS? $25  
Sun Mar 4, 1:15-3:45pm  
You have the best intentions to begin that project, change careers, begin a healthier life and then something happens... you get stuck AGAIN. What's sabotaging you? Fear, self-judgment, feelings of unworthiness? This workshop is designed to teach you life-changing, everlasting tools to help complete those dreams and reach your goals. Emotional Freedom Techniques (EFT) helps you let go of the fears keeping you stuck, helps build confidence and clear negative emotions so you can finally have the life you’ve imagined and reach those goals once and for all.
Bring pad & pen.

COM63 FINDING SPACES OF SANCTUARY IN YOUR LIFE $60  
Fri Mar 9, 16 & 23, 1:30-3:30pm  
Your life is about finding ways to develop creativity through already present talents and interests to reduce stress and cultivate contentment. Holistic stress reduction methods including breath work, gentle movement, contemplation, and meditation will be taught and utilized in this workshop class.
Wear Comfortable clothing and sneakers.

COM64 TROPICAL TERRARIUM $15  
Sat Mar 10, 1:30-3:30pm  
Learn how to make a living environment in a jar. Fun to make for yourself or to give as a gift.
Plants and other necessities will be provided.
Materials fee: $5

Registration fee is waived for ALL 50+ courses and FREE designated guest parking is available on campus.
The National Council on Aging in collaboration with Kingsborough Community College presents:

**LIVE WELL-DO WELL-AGE WELL**
A 10-week program based on the National Aging Mastery Program.  
Tuition: $80 (includes all educational materials)

The program is designed to offer participants 50+ yrs of age, the skills and tools needed to reap the benefits of this cutting-edge wellness program. Participants will achieve measurable improvements in Navigating Longer Lives, Sleep, Exercise & You, Healthy Eating & Hydration, Financial Fitness, Advanced Planning, Healthy Relationships, Medication Management, Civic Engagement, and Fall Prevention

**Daytime and Evening sessions offered at TWO locations:**
*Kingsborough Community College - 2001 Oriental Blvd, Brooklyn, NY 11235*
Tuesdays April 10, 2018 - June 12, 2018 10:20am-12noon

**OR**
*Bay Ridge Center -6935 4th Avenue, Brooklyn, NY 11209*
Tuesdays April 10, 2018 - June 12, 2018 6:30-8pm (Doors open at 6pm)

To register call (718) 368-5050. Registration begins March 19, 2018

Registration fee is waived for Aging Mastery Program.
FREE designated guest parking is available on campus at the Kingsborough site.
For more information call Susan Lavin at (718) 368-5079.