

## **Health & Wellness**

**Most of our Health and Wellness classes run once per semester. They typically start on or after the third week of September or January.**

*Online registration usually opens up early June for fall classes and early December for Winter/Spring classes.*

*Class descriptions, class dates, and class cost are available when the online Catalog/registration opens up.*

### **Here are examples of what we have offered in the past:**

*Abundance and the Law of Attraction*

*Acupuncture, Herbs, & Holistic Medicine*

*Belly Dancing*

*Holistic Roots to Healthy Living*

*Line Dancing*

*Mah Jongg*

*Mindful Movement and Meditation through Chi Kung*

*Naturally Beautiful*

*T'ai Chi Chuh*

*Yoga*

*Reiki*

*Tone and Strengthen your Body*

*Zumba*

*Life Empowerment*