

Successful Aging Institute E-Newsletter



Successful Aging
Institute

March 2015

Volume 2, Issue 2

SAI Class Highlights;

March 2015

Nia Technique:
Mind Body Fitness
03/12-04/23 -

Spring Life at the
Arboretum 03/04

Living Well with
Chronic Conditions
03/02-04/06

Getting paid for Giv-
ing Care 03/05 or
03/12 -

Cooking for Taste
and Nutrition 03/05

Beginning Yoga
03/30-04/27

Oil Painting 03/30-
06/08

Please call:

Elaine 541.463.6262
for more class info.

Many thanks to the following organizations for their generous contributions to Lane Community College Successful Aging Institute. Please click on their logos below to learn more about them and their service to our community:



Senior Companion Program news:

*The Senior Companion Program of Lane County is one of only four such programs nationwide to be featured in President Obama's "Congressional Budget Justification" by the Corporation for National & Community Service for fiscal year 2016. http://www.nationalservice.gov/sites/default/files/page/cncs_2016_CBJ_Final.pdf

*The Senior Companion Program of Lane Co featured in full-page cover and page stories in February edition of "NW Boomer & Senior News." The publication is distributed to stores, physician offices, senior-oriented businesses and subscribers throughout Lane County, and enjoys a monthly readership of 15,000.