



Successful Aging
Institute

November 2013



SAI E-Newsletter

Greetings!

The Successful Aging Institute would like to welcome you to our first E-Newsletter brought to you by Constant Contact.

We hope you enjoy this new easy-access format, and content as well.

Sincerely,

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Class Highlights

Belly Dancing

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November Classes

AARP Driver Safety

ABC's of Home Buying

Aging with Grace

Belly Dancing

Better Balance Tai Chi Plus

Bitty Baby Yoga

Financial Foundations

Lifeline Financial Education

Enter the magical world of belly dancing and explore the exotic movements of this Egyptian-style class. Belly dancing can help you maintain or even gain flexibility, while also building muscle through movement.

Wednesdays, November 20 - December 11, 6-8p.m.

Location: Olive Plaza. To register call [\(541\) 246-1351](tel:5412461351)

Better Balance Tai Chi Plus

If you struggle with balance or strength, research has found that Tai Chi can help lower your fall risk and maintain bone strength. During this class you will learn balance & strength exercises developed by the OSU Bone Research Lab.

Tuesdays & Fridays, November 5-22, 1:30-2:30 p.m.

Location: Olive Plaza. To register call [\(541\) 246-1351](tel:5412461351)

Lifeline Financial Foundations

Dealing with finances can leave you swirling. No matter your situation, this class can show you how to save some money, pay off debt or even improve your credit! Don't miss this chance to explore your financial options, and the opportunity to consult with a financial counselor.

Mondays, November 4 - December 2, 6-8 p.m. or Thursdays, November 7 - December 5, 1-3 p.m.

Location: NEDCO. To register call (541) 345-7106

[Click here for additional information about these and other SAI classes.](#)

Thank you for taking the time to read our first newsletter published using Constant Contact. Your feedback and suggestions are welcome.

LCC Successful Aging Institute

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Yoga for Skiers

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