

In partnership with the KCC Wellness Committee, Lifelong Learning is offering the classes below at a 50% discount to employees. Each employee may register for up to two of the classes at the discounted rate. Please contact Abbie Brennan, ext. 4134 or brennana@kellogg.edu, with questions and/or registration.

Frumpy to Fearless: Hypnotherapy for Weight Loss

Get ready to permanently change your body by first transforming your mind.

Tuesday * 3/14/17 * 6-9 pm * You pay \$12.50
HOLV CD003-80 * Jewel Shelden

Explore Tai Chi

This class is good for anyone looking to keep their joints moving, increase their balance or just learn something that is relaxing. **NOTE:** No class 4/6/17.

Thursdays * 3/16/17-4/27/17 * 6-7:30 pm *
You pay \$39.50
LFIT CW009-80 * Sue Deese

What's Your ONE Thing? – NEW

use this simple, powerful concept to focus on what matters most in your personal and work life.

Saturday * 3/25/17 * 10 am-12 pm * You pay \$12.50
PDEV CK002-80 * Kristy Smith

Healthy & Fresh Superfoods – NEW

Enjoy an evening of tasting some of the most delicious superfoods! It's simple to include superfoods in your everyday diet, and we'll show you how.

Wednesday * 3/29/17 * 6-8:30 pm * You pay \$22.50
COOK CN003-82 * Sean Kelly

Gardening with Herbs - NEW

Learn the basics of growing your own herb plants from seed. Get ready for a fresh herb summer!

Tuesday * 4/25/17 * 6-8 pm * You pay \$12.50
HOME CF002-82 * Linda Whitlock

Self Defense Basics

Learn simple and effective practices to help you deter, evade and escape an attack should the need arise.

Saturday * 4/29/17 * 1-3 pm * You pay \$14.50
MAAR CB002-80 * David Sink

Discover Financial Peace: Get Out of Debt!

You can apply the proven debt free living plan and pay off all consumer debt in 1-3 years, and your mortgage in an additional 3-4 years. Join us to find out how!

Saturday * 4/29/17 * 10 am-2 pm * You pay \$17.50
MONY CD004-80 * Forest Wilson

Holistic Stress Management for a Peaceful Life - NEW

Discover simple approaches that include mindfulness, breathing for relaxation, and the healing powers of a variety of natural remedies for body, mind and spirit.

Tuesday * 5/2/17 * 6-9 pm * You pay \$12.50
HOLV CI003-80 * Karla Anderson, RN

Yoga for Stress Relief - NEW

This restorative yoga class is designed to give you a peaceful vacation from your busy life.

NOTE: This class will be held on KCC's Main Campus, 450 North Avenue, Battle Creek in the Ohm Building, Room 109.

Wednesdays * 5/17-6/7 * 5:30-6:30 pm *
You pay \$14.50
YOGA CB004-83 * Rachel Roelof

Clear the Fog: Craniosacral Therapy and Living a Long and Happy Life

Learn about the craniosacral system and how to bolster resistance to disease and improve brain health.

Monday * 6/5/17 * 6-8:30 pm * You pay \$14.50
HOLV CI003-82 * Kathy Regannie

Visit kellogg.edu/lifelong for full course descriptions.

