

# LiFE plus

## A SENIOR LIVING SERIES FOR AGE 55 AND OLDER

Join us for a new series to benefit our growing senior community of age 55 and older. We will provide informative workshops on topics such as retirement, fitness, nutrition, brain health, community involvement and FUN personal enrichment opportunities.

**October 27 at 1:30pm: Nutrition and Living a Healthy Lifestyle**

**November 3 at 1:30pm: Get Moving - Senior Fitness Goals**

**November 17 at 1:30pm: Senior Benefits and Insurance Options**

**December 1 at 1:30pm: Grow your own Microgreen Nutrients**

### PRE-REGISTRATION REQUIRED! HOW DO I REGISTER?

- Call 662-846-4871 or email [ejoeledeltastate.edu](mailto:ejoeledeltastate.edu)
- Click this link for full class descriptions and to register online:  
[www.deltastate.edu/continuing-education/non-credit-programs/adult-enrichment/](http://www.deltastate.edu/continuing-education/non-credit-programs/adult-enrichment/)

Hosted by:

**DELTA STATE  
UNIVERSITY**  
CONTINUING EDUCATION

**\$5**

PER CLASS

Series Partners:

