

Wellness for L.I.F.E.

Learning, Interpersonal Growth, Fitness, Engagement



Develop a foundation for success in college and beyond by focusing on lifelong learning, a lifestyle of health and fitness, supportive social connections, and engagement in the process of career/life planning!

Explore exciting, well-paying and high demand careers in health sciences, nursing, kinesiology, fitness, sports medicine, athletic training, wellness promotion, and many others!



Fall 2017 Learning Community Schedule

MWF	8:30am - 9:30am	PEACT 11A-Yoga	Roelum-Castleman	1.5 units
MWF	9:30am - 10:30am	HED 1 - Health Education #99249 (register with this code)	Lambdin	3.0 units
MW	10:30am - 12:00pm	GUID 30 - Career Self-Assessment GUID 31 - Career Exploration	Bradford	1.0 unit
F	10:30am - 11:30am	GUID 19 - Introduction to College & Education Planning	Bradford	1.0 unit
F	TBA	GUID 35 - Extended Activities II: Choosing a Career Path	Bradford	0.5 unit

Space is limited. To register use course code **#99249**.

For more information, contact Heather Bradford at hbradford@deltacollege.edu.

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