

# Wellness for L.I.F.E.

**L**earning, **I**nterpersonal Growth, **F**itness, **E**ngagement

*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 2018 Learning Community Schedule

MWF	8:30am – 9:30am	PEACTIV 011A-Yoga	Roeum-Castleman, R.	1.5 units
MWF	9:30am – 10:30am	H ED 001-Health Education	Rodrigues, C.	3 units
MW	10:30am – 12:00pm	GUID 030-Career Self-Assessment 8/27 – 10/5	Bradford, H.	1 unit
MW	10:30am – 12:00pm	GUID 031-Career Exploration 10/8 – 11/12	Bradford, H.	1 unit
F	10:30am – 12:00pm	GUID 019-Introduction to College & Education Planning	Bradford, H.	1 unit

Space is limited. To register use course code **#45331**.

For more information, contact Heather Bradford at [hbradford@deltacollege.edu](mailto:hbradford@deltacollege.edu).



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