



COMMUNITY EDUCATION CLASSES FOR THE OGALLALA CAMPUS

Practical Health and Wellness – Practical steps to improve one's health. Focus on the technical aspects of health, including the effects of sugar, saturated fats, alcohol, chemicals and drugs; fitness, how to walk/run without pain; and how to be happy and not worry as much about life in general. (Students choose what they want to focus on improving each week)

Time and date: 5:30-7 pm, Tuesdays

Six-week session: July 11-Aug. 8

Cost: \$99 per session.

Instructor: Paul Chapman

Kayaking - Children and adults will have the opportunity to learn to kayak from the shores of Lake Ogallala of Lake McConaughy. American Canoe Association certified instructor Scott Eveland will teach the basics of kayaking, with all equipment (kayaks and life jackets) provided.

- Quick Start Your Kayak, ages 16 and older; 5-8 pm, Thursday, June 15. Class meets at the Nebraska Game and Parks Visitors Center.
- Quick Start Your Kayak, ages 8-14; 5-8 pm, Thursday, June 29. Class meets at the Eagle Viewing Station at Lake Ogallala.
- Level 1, Introduction to Kayak, ages 18 and older; 5-8 pm, Tuesday, July 25 and 5-8 pm, Thursday, July 27. (Must attend both classes) Class meets at the NGP Visitors Center.

Instructor: Scott Eveland. ACA certified instructor.

Cost: \$29.

The class is a partnership between the Nebraska Game and Parks Commission, the American Canoe Association and Mid-Plains Community College Ogallala Extended Campus.

Yoga with Pat - A focus on the basic warm-ups, postures, proper alignment and breathing techniques of yoga. Also, guided deep relaxation to reduce stress and increase overall well-being. For beginners and advanced.

8:30-9:30 a.m. Saturdays. 6-7 pm, Wednesdays. Cost: Individual sessions, \$13. 10-class bundles, \$115.

Instructor: Pat Neumann.