



SPIRITUALITY 101: Everyday Spirituality

Debra Diamond

Session II

Thursday, 1 p.m. (begins Oct. 17)

Fee: \$65

At some point, most people experience a feeling that there is something greater than the concrete world we inhabit. In these feelings and moments, the foundation of our notion of spirituality may be formed. Whether you are someone who has devoted your life to furthering your spiritual development or you are just starting to discover your spirituality, this class will help you find a new understanding of what it means to be spiritual and to become more in tune with your spiritual side. There are any number of ways that people can describe as helping them feel more “spiritual.” If you are seeking out a more personal connection with your spiritual side this course can light a spark that ignites your own spiritual journey.

Debra Diamond, Ph.D, is a graduate of the Esoteric Theological Seminary, earned an M.B.A. from the George Washington University, graduated from the Jung Institute in Zurich, Switzerland, and earned a Masters Certificate from Christie’s Education. She is a former Wall Street money manager, regular CNBC commentator, and Johns Hopkins University professor who left a high profile career to pursue a life of purpose and spirituality. She is the author of “Life After Near Death: Miraculous Stories of Healing and Transformation” and “Diary of a Death Doula: 25 Lessons the Dying Teach Us About the Afterlife.”



STRENGTH AFTER SIXTY

Dan Cenidoza

Session I

Tuesday, 1:15 p.m. (begins Sept. 10)

Fee: \$65

This course is for those over 60 years old—and those who are planning to be. We will focus on lecture but some exercises that can be done within the classroom setting will be included. The importance of strength training and mobility will be stressed. We will discuss the theory of strength training for health and longevity as well as proper techniques for basic strength training exercises. Mobility exercises will also be incorporated. Students will learn how to construct a progressive exercise routine, develop habits to support their goals, and overcome individual limitations. Learn the benefits of strength training for older adults. No prior exercise experience is required. Enrollment is limited to 25 participants.

Dan Cenidoza, is a certified strength and conditioning specialist. He graduated from Towson University in 2005 with a degree in exercise science. He is a former Maryland Strongest Man (2007) and the owner of the Baltimore Kettlebell Club. Dan has experience working with all ages and fitness levels. He began his fitness career working as a senior fitness specialist at the Oak Crest Retirement Community and continues to train seniors in strength training.



FITNESS FOR SENIORS: Enhancing Your Lifestyle

Christine Woods

Session II

Monday, 9:30 a.m. (begins Oct. 14)

Fee: \$65

The ability to enjoy an active and independent lifestyle well into the later years depends to a large degree on how well we maintain our personal fitness levels. While youth physical education programs bring awareness to children's health and the prevention of lifestyle diseases such as heart disease, obesity, and diabetes, the focus of older adult exercise programming is different. For older adults, the focus tends to shift from disease prevention to maintaining functional mobility—to being able to continue doing the things one wants and needs to do to stay strong, active, and independent. Over the four weeks, we will cover key topics that will have you thinking and moving for better function and everyday performance. These areas include stretching and strength training. We will discuss how the former enables each person to have greater flexibility and joint movement while the latter helps to not just build physical fitness, but mental fitness as well. We will explore the forgotten fitness components of balance, speed, agility, and reaction time. Students will also learn how injuries can impact physical function and how commitment to an exercise protocol can increase the chance of a full recovery. There is more to fitness than cardio and strength training. Learn through lecture and light movement how to incorporate the components of fitness into your healthy lifestyle. No prior exercise experience is required. Enrollment is limited to 25 participants.

Christine V. Woods, M.S.Ed., ACSM-CCEP, CSCS, is a 25-year industry veteran, serving as a clinical exercise physiologist, lifestyle coach, university educator, and fitness educator for the Athletic and Fitness Association of America (AFAA). Christine works at Towson University's Wellness Center as an exercise physiologist.