### FALL 2009 Registration

The overarching mission of the Center for Successful Aging is to conduct research, provide high quality student training, and offer classes that promote whole person wellness for 50 plus adults. Please visit our Center for Successful Aging website: [http://hhd.fullerton.edu/csa](http://hhd.fullerton.edu/csa)

Classes will begin Monday September 14th and end Friday December 11th

### MONDAY/WEDNESDAY

<table>
<thead>
<tr>
<th>Class</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
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<tbody>
<tr>
<td>Fit 4 Life</td>
<td>7:45 – 9:00 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$80.00</td>
</tr>
<tr>
<td>Fit 4 Life (Mon., Wed., &amp; Friday)</td>
<td>7:45 – 9:00 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$110.00</td>
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<tr>
<td>Yoga*</td>
<td>8:30 – 10:00 am</td>
<td>Movement Enhancement Lab (RGC-17)</td>
<td>$80.00</td>
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<tr>
<td>Balanced Fitness</td>
<td>10:15 – 11:30 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$80.00</td>
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<tr>
<td>Fit 4 Life</td>
<td>2:15 – 3:30 pm</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$80.00</td>
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### TUESDAY / THURSDAY

<table>
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<tr>
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<tbody>
<tr>
<td>Fit 4 Life</td>
<td>7:45 – 9:00 am</td>
<td>Lifespan Wellness Center (KHS-001)</td>
<td>$80.00</td>
</tr>
<tr>
<td>FallProof™ Balance &amp; Mobility I</td>
<td>9:00 – 10:30 am</td>
<td>Movement Enhancement Lab (RGC-17)</td>
<td>$100.00</td>
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<tr>
<td>FallProof™ Balance &amp; Mobility II</td>
<td>11:00am – 12:00 pm</td>
<td>Movement Enhancement Lab (RGC-17)</td>
<td>$120.00</td>
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<tr>
<td>FallProof H₂O™ (5 week class)*</td>
<td>10:30 – 11:15 am</td>
<td>Center for Successful Aging (KHS-011F)</td>
<td>$80.00</td>
</tr>
<tr>
<td>FallProof H₂O™ (5 week class)*</td>
<td>11:45am – 12:30 pm</td>
<td>Center for Successful Aging (KHS-011F)</td>
<td>$80.00</td>
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### FRIDAY

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<tr>
<th>Class</th>
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</thead>
<tbody>
<tr>
<td>Fitness Fanatic (Open Hours)</td>
<td>9:00 – 11:00 am</td>
<td>Lifespan Wellness Center</td>
<td>$3.00 per session</td>
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Make checks payable to: CSUF Cashiers (Memo: Center for Successful Aging)

Mail To: Center for Successful Aging
800 N. State College Blvd., KHS-241
Fullerton, CA 92831-3599

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<tr>
<th>Name:</th>
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Registration: Registration will be on a first come basis. For further information please contact the Center for Successful Aging at 657-278-7012.

**IMPORTANT NOTICE:** In order to participate in any of the physical activity classes offered in the Center for Successful Aging, ALL updated forms (health activity questionnaire, medical release, informed consent and performance release) must be submitted before the first day of class.

All program fees must be paid in full no later than two weeks after the start of the exercise class. Reimbursements for program fees will only be honored during the same semester. Unfortunately, class fees cannot be rolled over to another semester.

\*
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\* **HOLIDAYS** **\*\*

November 11, 2009 (Wednesday) ......................... Veteran’s Day - NO CLASSES
November 23 - 29, 2009 ................................. Thanksgiving Break- NO CLASSES
CLASS DESCRIPTIONS:

**Balanced Fitness:** This program is held in the Lifespan Wellness Center and will incorporate aspects of balance and fitness. All participants will receive a balance assessment as well as a functional fitness assessment to measure their physical status, monitor progress and individualize the program accordingly.

**FallProof™ Balance and Mobility I:** Balance & Mobility Program classes are held in the Movement Enhancement Lab in the Ruby Gerontology Center, Room #17. This program adopts a multidimensional approach to balance-related problems. Balance and gait assessments are provided using state-of-the-art technology in order to determine the most suitable training program. A group-based program (B & M I) is available for individuals identified as low-to-moderate risk for falls. Most suitable for older adults who are beginning to experience balance problems that would benefit from focused training. Participants should not be regular users of assistive devices for mobility.

**FallProof™ Balance and Mobility II:** This Balance & Mobility program will provide individualized training in balance and mobility for persons at high risk for falls. This program adopts a multidimensional approach to balance-related problems. The class is most suitable for older adults with a history of falls and who require the use of assistive devices or wheelchairs for mobility on a regular basis.

**FallProof™ H₂O:** This class moves the successful land-based FallProof™ program into the water. The focus in this class will be to use the unique properties of water and the pool’s variable speed current to challenge balance and mobility in a confidence-building environment. Individualized training will be provided in a small group environment. The class will be held in our new state-of-the-art SwimEx pool facility in the Center for Successful Aging. Most suitable for older adults who lack confidence in their balance and/or have chronic joint pain that limits their participation in land-based classes.

**Fit 4 Life:** This class is held in the Lifespan Wellness Center. All participants receive a functional fitness assessment to measure their physical status, monitor progress and individualize the program accordingly. The class includes a group warm-up, individual strength and cardio respiratory programming and a group cool-down, focusing on flexibility, balance and relaxation.

**Yoga:** This class is taught by a yoga instructor specializing in the needs of older adults. It will incorporate both beginning and advanced levels of yoga. Enjoy increasing your flexibility and improved relaxation. Yoga socks are also required in order to participate in the class.

All classes are subject to change if minimum enrollment is not reached.

*5 week classes: Session I: 9/14/09- 10/15/09 and Session II: 10/19/09 – 11/19/09*

Professional massage services are now available at the Center for Successful Aging.

Contact Mackenzie MacSween at (657)-278-3046 for an appointment.
WELLNESS WORKSHOPS, CLASSES AND EVENTS

SEPTEMBER

Spirituality and Wellness- An inspiring presentation offering sound ideas about the way in which spirituality fosters health and wellness. Restoring harmony in the mind and spirit restores harmony in the body.

OCTOBER

Deal with Stress Better-Learn to Recognize, Refocus and Relax- Join us for a fun and interactive workshop in which you will learn physical and psychological ways to acknowledge, deal with, and relieve stress. In-class activities allow you to discover what is really stressful for you and what you can do about it! Discover relaxation exercises and other quick tips to relieve stress at a moment’s notice.

Nutritional Workshop Series***Please note that different fees apply to this SPECIAL SERIES***

Eating for Wellness
- Health eating on a budget
- Quick and Easy Cooking Tips for One or Two
- Nutrition for Disease Prevention and Management

NOVEMBER

Reduce your Stress with Better Communication -Do you want more ease and grace when communicating with friends or family? Are you interested in learning about non-violent communication, how to set clear boundaries and when to SAY NO! If any of these ideas peak your interest you will thoroughly enjoy this interactive, dynamic and result producing communication workshop.

DECEMBER

5 Holiday Stress Busters- Learn techniques you can use when your stress levels reach their max. You will learn some basic relaxing stretches, partner massage, guided meditation, relaxing breathing techniques and more. All techniques you can use and implement anywhere and anytime during the holiday season.

JANUARY

Healing Art- When was the last time you spontaneously created something? Joins us for an hour of collage making in which we use art as a meditative practice. As you sit and silently listen to soothing music the creative process unfolds. Bring 2-4 magazines and any photos you would like to include. This workshop is fun, creative and interesting. You will leave with a beautiful work of art and a peaceful heart! All other art supplies are provided.

FEBRUARY

Tennis Ball Therapy- Do you love massage? Are you interested in learning how to use self massage techniques when you need them? If so join Mackenzie for this innovative workshop to learn how to use the Tennis Ball technique. You will understand the science behind tennis ball self massage and then be given time to practice this healing and relaxing technique. Come prepared to relax and release all tension.*Tennis ball massage will be done on the floor or in a chair, wear comfortable clothing.

Professional massage services are now available at the Center for Successful Aging.
Contact Mackenzie MacSween at (657)-278-3046 for an appointment.

All classes are subject to change if minimum enrollment is not reached.

* All Wellness Workshops are $15 each or $12 if you register for 3 or more workshops.
Center for Successful Aging (KHS-011) located in the lower level of the Kinesiology and Health Science Building.

Movement Enhancement Lab in the Ruby Gerontology (RGC-17)