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APRIL 17, 2018 | 056-18

Laurier non-credit course focuses on active lifestyle and proper nutrition for seniors

WATERLOO – The [Laurier Association for Lifelong Learning](#) (LALL) and Wilfrid Laurier University's [Department of Athletics and Recreation](#) have partnered to offer a new, **non-credit course** on nutrition and exercise to support healthy lifestyles in older adults.

Active Aging through Nutrition and Exercise is a five-week course that includes **weekly classroom lectures** and **exercise instruction**. Lecture topics will address nutrition and aging; exercise instruction will focus on functional movements and proper technique. Laurier's certified fitness instructors Jennifer O'Neill and Stefanie Kubacki will lead the course, which runs Tuesdays and Thursdays, 10:30-11:30 a.m., **from May 1-31** at the Athletic Complex on Laurier's Waterloo campus.

A **one-month membership** to Laurier's Athletic Complex is included in the \$90 course registration fee.

"We're excited to partner with LALL to provide an active learning opportunity for older adults," **said Peter Baxter**, director of Athletics and Recreation at Laurier. "We hope course participants develop a better understanding of how to achieve a healthier lifestyle."

The course also provides participants with an opportunity to participate in Laurier's vibrant campus community.

"LALL programming has been a part of Laurier for over 20 years and, through participant feedback, we know that LALL students enjoy being involved in our campus community," **said Lindsay Tayler**, coordinator of non-credit programming in Laurier's Office of Continuing Studies. "Active Aging through Nutrition and Exercise offers LALL participants a unique opportunity to engage with the university beyond a classroom setting."

[Register by April 27](#). The course starts May 1.

LALL has offered a unique option for adult learning since 1997. Courses are non-credit and are intended for personal interest and self-education.

For more information, contact the Laurier Association for Lifelong Learning at 519-884-0710 ext.6036 or lall@wlu.ca.

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