



Your Body -- Your Health

Dr. Smith will teach this four-week class in July. He will discuss important topics to your health and well-being, including:

- ✓ Balance
- ✓ Muscle/Skeletal Concerns
- ✓ Under My Skin-Cosmetic and Bodycare Additives
- ✓ Living in Pain

Time & Dates: 11:30 – 1:30 pm, Tuesday July 10, 17, 24 and 31

Cost: \$18.00 Location: Broadmoor United Methodist Church, 10230 Mollylea Drive

For additional information or to register for “Your Body, Your Health”, please call 225-578-6763 Monday-Friday 8.00am-4.30pm, or visit the web at ww.outreach.lsu.edu

Osher Lifelong Learning Institute (OLLI at LSU) has a comprehensive selection of courses, field trips and coffees that span subjects from literature and history to science, politics, current affairs, philosophy and the arts. A stimulating, participatory learning community with no exams and no grades, our members range in age from their 50s to 90s, and people of all backgrounds are welcome. Learning takes a lifetime - come join us and have the time of your life!