

PBS Adult Continuing Education Distance Learning Online Course



2020 Fall - Session 1:

Physical Health & The Body

Tuesdays & Thursdays, 10 - 11:30 AM

10 Virtual Classroom Meetings:

Sept. 1, 3, 8, 10, 15, 17, 22, 24, 29, Oct. 1, 2020

REGISTER TODAY!

- * Classes will be held online through Zoom. Training materials will be provided to assist students in navigating these systems.
- * Tuition for the course is \$300.00 for the semester, payable via credit card on the PBS web site.

See reverse side for course description.

**Visit our website for complete schedule of classes
and detailed registration instructions.**

To Register: <http://www.positivebehavior.org/adult-education.html>

Questions: AdultEd@PositiveBehavior.org

Physical Health & The Body

This course will give students an understanding of good physical health and how to maintain physical health and well-being, both now and in the future.

Topics include:

- Systems of the body
- What good and poor health looks and feels like
- Where to seek help when you feel sick
- How our bodies are affected by specific foods and chemicals

Students will learn about proper nutrition and exercise by engaging in fun, interesting and practical learning activities. Guest speakers will share their expertise on relevant topics to give students the information and tools to maintain a healthy lifestyle.

Sign up to start Living Healthy today!

Meet the Instructor



Dan Elfawal is a certified special education and yoga teacher. Dan enjoys teaching and learning from his students every day. The practice of yoga has changed Dan's life, leading him to live a healthier lifestyle and become a more compassionate person. Dan is filled with life and is known for his energetic, loving nature. He meets each student where they are.

PBS Adult Education classes are taught using various instructional methods tailored to the specific needs of adult learners. Students will be encouraged to develop critical thinking, research and study skills, and utilize technology for learning and collaboration. All students benefit from being engaged with interesting material and collaborating with other students.