

# HEALTH (HLTH)

## HLTH 109 36 Hours

### Food Preparation and Good Nutrition for Older Adults

This course offers a wide range of food preparation topics as they relate to the health and well-being of older adults. The course explores topics of interest for older adults in the areas of nutrition, consumerism, cultural traditions, entertaining, health, and safety. Various foods will be prepared, tasted, and discussed. *(Apportionment)*

## HLTH 161 36 Hours

### History of Comedy and Humor for Older Adults

This class offers to older adults an informative look at past and present forms of comedy and humor, as it relates to their life experiences and what make them laugh. Older adult students become aware of the influences, various mediums, elements and forms of comedy and humor that has influences people throughout history. *(Apportionment)*

## HLTH 163 36 Hours

### Help Yourself to Health for Older Adults

Various health related topics of interest to older adults will be discussed and safe, beneficial, exercises intended to promote general health and fitness for older adults will be introduced. Each class will incorporate information, discussion, and exercises. *(Apportionment)*

## HLTH 164 24 Hours

### Bereavement Training for Older Adults

This training course will provide older adults the skills necessary to develop or participate in grief care and support program, to help those mourning the loss of a love one. *(Apportionment)*

## HLTH 167 36 Hours

### Staying Mentally Sharp for Older Adults

This course provides older adults with the tools to reach their optimum levels of brainpower through skill-building with memory techniques. Also covered are decision-making, problem-solving, planning, and determining opportunities for cognitive growth. *(Apportionment)*

## HLTH 175 36 Hours

### Healthcare Navigation Advocate for Older Adults

In this course, older adult students will learn the fundamentals of how to navigate healthcare systems, which will enable them to advocate for themselves and other seniors to better utilize healthcare resources. Topics include how to communicate with healthcare professionals, access healthcare resources, and develop transition and/or daily medical plans. *(Apportionment)*

## HLTH 200 24 Hours

### Health and Wellness for Older Adults

Learn the benefits of adopting behaviors associated with healthy and successful aging. Focus on the natural effects of the aging process and the benefits of being proactive by using a healthy diet, managing chronic conditions, and engaging in routine physical activity as a means to living with optimum independence. *(Apportionment)*

## HLTH 205 24 Hours

### Health and Wellness for Older Adults: Adapted Mobility

This course provides older adults with techniques and strategies for healthy aging when restricted by physical impairments or limited mobility. Emphasis is on the benefits of managing age-related complications or medical conditions, routine and adaptive physical activity and a healthy diet. *(Apportionment)*

## HLTH 210 40 Hours

### Healthcare Medical Interpreter

**Prerequisite(s):** Must pass the InterpreterEd bi-lingual assessment prior to program enrollment.

This is a 40-hour course designed to prepare a bi-cultural and bi-lingual individuals to work as a Healthcare Medical Interpreter. Those who complete and pass the course final exam qualify to sit for national certification agencies to become certified. *(Fee-Based)*

## HLTH 215 6 Hours

### Secrets of Weight Loss and Healthy Eating

This course will benefit novices, people with special nutritional needs, as well as those already working in the food service industry. Students will learn about healthy cooking and eating and will have an in-class opportunity to prepare foods from a personalized menu. *(Fee-Based)*

## HLTH 220 8 Hours

### Feeling Young and Healthy at Any Age

This workshop is designed to educate people on the impacts of aging and learn ways to begin feeling younger and improve one's general health. While this program is for all audiences, it focuses on three specific groups of people: The 40-50 something who are in the prevent mindset, looking to prevent chronic diseases and effects of aging; adults who are in the repair mode and looking to increase their health and wellness through healthy living; and young parents who want to learn more as they are caring for or concerned about a parents health or their own health and well-being. *(Fee-Based)*

## HLTH 225 6 Hours

### Healthy Families: Smart & Easy

This workshop is a comprehensive 6-hour program plan delivered over 6 weeks to help families with children ages 3-12 reach their optimal level in the four pillars of health. We focus on lifestyle (how you live), exercise (how you move), attitude (how you think) and nutrition (how you eat). This program is uses basic principles of nutrition and is delivered in a way that is easy for busy parents to implement and teach their children. This allows parents to give their children the gift of health through positive example and practice. *(Fee-Based)*

## HLTH 400 7 Hours

### Preparation for Childbirth

Course provides expectant mother and coach(es) with knowledge, tools and support to have a positive birth experience. Anatomy and physiology of the birth process, relaxation, paced breathing and comfort techniques are covered. Mother should bring two pillows, sack lunch, wear comfortable pants or shorts and can have two coaches. *(Apportionment)*