



Northwest Iowa
Community College

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Sheldon, Iowa 51201

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October 7, 2013

NEWS RELEASE

*May be published
when received.*

NORTHWEST IOWA COMMUNITY COLLEGE TO HOST SENIOR CITIZEN'S EVENT

Northwest Iowa Community College, Sheldon, Iowa will be hosting its 4th Annual Senior Citizen's Event on October 22 from 8:00am-12:00pm. This year's event will again be held at the Northwest Iowa Lifelong Learning and Recreation Center (LLRC) located on the east side of the NCC Campus.

The schedule for the morning is as follows:

8:00am Registration/ Free Continental Breakfast

8:30am Welcome by Dr. Alethea Stubbe

9:00 –11:15am Bingo

9:00 –10:00am "Eating Healthy on a Budget" by Sheila Storbakken, RD, LD,
Sheldon Hy-Vee Registered Dietician

10:00–10:15am Break

10:15–11:15am Chair Yoga by Kathleen Osterman, RN, Registered Yoga Instructor

11:30am–12:00pm Closing Remarks and Door Prizes

Individuals wishing to attend the Senior Citizen's Event are asked to preregister by contacting the Northwest Iowa Community College Continuing Education Division at 800-352-4907 or 712-324-5061 by October 18, 2013.