



Northwest Iowa
Community College

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NEWS RELEASE

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when received.*

NORTHWEST IOWA COMMUNITY COLLEGE TO HOST SENIOR CITIZEN'S EVENT

Northwest Iowa Community College announces its 5th Annual Senior Event (formerly known as Senior Citizen's Day) to be held on Tuesday, October 21, 2014. This will be the first event of many in our Days of Thunder Celebration October 21-25!

The event will be held in the Northwest Iowa Lifelong Learning and Recreation Center (LLRC). The LLRC is a new facility which is located on the east side of the NCC campus. This facility is providing NCC students, staff, and the community with many recreational and fitness opportunities, as well as a venue for events such as graduations and trade shows.

The schedule for the morning is as follows:

8:00am Registration/Free Continental Breakfast

8:30am Welcome/Announcements by Dr. Alethea Stubbe

9:00am–11:30am Bingo

9:00am–10:15am "Learn About and Perform Exercises Designed to Build Bone Strength and Reduce Risk of Falls" by Alex Price, LLRC Personal Trainer and Group Fitness Instructor

10:15am–10:30am Break

10:30am–11:30am "Healthier Cooking Tips" by Sheila Storbakken, RD, LD, Sheldon Hy-Vee Registered Dietician

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

Individuals wishing to attend the Senior Citizen 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 17, 2014.

For the most up-to-date information and announcements about the *Days of Thunder* events please go to nwicc.edu and click on the *General Days of Thunder Information* link in the Announcement Box, call 712-324-5061, or email contactus@nwicc.edu for more information. NCC – There's a Place for You!