

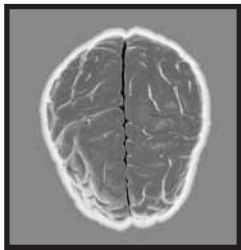
Enrich & balance your life with a Personal Lifelong Learning Plan



Minneapolis Community Education provides an opportunity to forge a partnership to create a lifelong learning plan for your mind, body, spirit and community involvement.

As your partner, Community Education provides resources that help you set goals and balance your lifestyle.

Let Community Education help you define goals and provide resources for creating your lifelong learning plan. Browse through this brochure or go to www.mplscommunityed.com and get started on your lifelong learning plan today!



Energize Your Mind

Whatever your age, keeping your mind actively engaged is one of the most important things you can do to ensure a lifetime of good living. Exercise your mind with adult enrichment courses. Our classes range from computers to cooking,

from languages to financial planning and much more.

Personal Goal: _____

Classes/activities that will help me meet this goal:



Build Community

Engaging in something beyond your immediate self is key for a well-balanced life. Share your talents, meet your neighbors, or work to improve our schools. Being involved builds community and gives you a sense of belonging. You can teach Community

Education classes, volunteer at a neighborhood school, or serve on a civic board. Your involvement will make your neighborhood and your city a better place to live.

Personal Goal: _____

Classes/activities that will help me meet this goal:



Activate Your Body

Keeping your body fit with regular exercise will benefit your health and balance your life. Half the battle is making the commitment. Take a Pilates class, learn to dance, play golf or lift weights. See the difference moving your body can make.

Personal Goal: _____

Classes/activities that will help me meet this goal:



Spark Your Spirit

We draw strength and well-being from the spiritual part of our lives. When your spirit is stretched thin or ignored, we are not able to live life to its fullest. Discovering new inspiration through painting, yoga, or meditation will help you feel renewed and inspired.

Personal Goal: _____

Classes/activities that will help me meet this goal:

