



# AGING

# Anti-Aging: Living Healthier and Longer

**Tuesdays: April 9, 16, 23, 30 and May 7, 14, 21, 2019**  
**6 p.m. - 9 p.m.**

This course will teach students the process of physical and mental aging. They will learn certain problems associated with aging, as well as food, herbs, vitamins and minerals that support the body's physical and mental longevity.

Topics that will be covered are:  
Detoxification-Liver Health, Anti-Aging and Diets, Super Supplements, Amazing Health Benefits of Apple Cider Vinegar, Renewing Cells with Super Greens, Anti-Aging and Healthy Skin Care, and Anti-Aging Brain Health.

- ◆ Students need to bring a notebook and a flash drive.
- ◆ Suggested reading: *Stopping the Clock* by Dr. Ronald Klatz

**Registration Code: HFHD-1020-T2101**

**Fee: \$260**

**Oakland Community College  
Auburn Hills Campus  
2900 Featherstone Road  
M-TEC Building, Room 236**

Register online at **[oaklandcc.edu/ce](http://oaklandcc.edu/ce)**  
or for more information call  
**248.232.4167** or **248.232.4150**



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