

HEALTH EDUCATION (HLED)

HLED G001N 54 Hours (18 lecture hours; 36 lab hours)

Healthy Aging for Lifelong Learners

Grading Mode: P/NP/SP Noncredit

Not Transferable.

This noncredit course is designed for older adults interested in learning more about healthy aging. This course provides students with practical skills and information about healthy aging and cover topics such as diet, nutrition, disease prevention, fall prevention, and application of principles to maintaining a healthy lifestyle. NOT DEGREE APPLICABLE.