



## Wayne College

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### **SUMMARY: SENIOR SERIES CLASSES GOING STRONG IN HOLMES COUNTY**

Millersburg, Ohio, Dec. 15, 2006 – There is still much to come in The University of Akron Wayne College Holmes County Higher Education Center Senior Series.

The senior series is a set of noncredit classes offered free to community residents who are 60 and older. The program is funded by a grant from the Holmes County Education Foundation.

Chrystal Hummel-Mizer, assistant to the dean for the Holmes County Higher Education Center, says this year's series has been well received and that there are many topics yet to explore for the county's senior citizens.

“We'll be running two classes in January to get folks going after the New Year,” says Hummel-Mizer. “We start Sign Language on Jan. 3 and Yoga on Jan. 9. Sign Language will be finished at the end of January, but the yoga class will continue through March.”

Hummel-Mizer emphasized that the yoga class is specifically geared for senior citizens and that people of any fitness level will be comfortable participating.

The Holmes County Higher Education Center has partnered with the Westfork Community and Senior Center to organize the series. Classes are held at the senior center or at the Holmes County Higher Education Center at 88-B E. Jackson Street. For more information, call the center at 330-674-2514 or e-mail holmescenter@uakron.edu.

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