



## Check It Out

Learning without tests, grades, performance pressure? Yes, it's possible when you sign up for courses at Lifespring, the new adult learning program in Saugerties. Choose from twelve courses including: COMPARATIVE RELIGION, GENTLE YOGA, DEMOCRACY: AMERICAN STYLE, HUDSON VALLEY WILDLIFE, A NEST OF VIPERS: THE BRITISH INVASION, and many more. Hard choices!

These are some of the choices of courses that await you when you register to be a member of Lifespring. The upcoming six week fall semester begins the 21<sup>st</sup> of September. Registration is NOW until August 10<sup>th</sup>.

Lifespring is a town of Saugerties sponsored (but open to area residents) educational program primarily for retirees and active adults interested in expanding horizons with stress free learning. Becoming a member and paying a \$60.00 registration fee will give you the opportunity to: stimulate your minds in new and creative ways; learn about topics that have been intriguing; challenge yourself in new areas; open new vistas in learning; discover new talents, skills and interests, and develop new friends

By becoming a member you have the opportunity to take 6 courses (three in the fall and three in the spring semester) as well as participate in other events that will be announced. Be among the first, send in your registration form with your course choices and \$60 for your year's membership as soon as possible but before August 10<sup>th</sup>. Classes are held at the Saugerties United Methodist Church on Washington Ave and Post Street in the Village of Saugerties. The Church is handicapped accessible.

**Online/call:** To download the course catalog and registration form go to [www.lifespringsaugerties.com](http://www.lifespringsaugerties.com) For a hard copy call 845 246 2800 ext. 452 or send an e-mail to: [lifespring.saug@gmail.com](mailto:lifespring.saug@gmail.com)