

## Meet Katie Valley, Registered Holistic Nutritionist

Katie Valley, BSc, RHNP, is a Registered Holistic Nutrition Practitioner and Licensed Body Positive Facilitator with a bachelor of science degree in public health education. Katie has dedicated the past decade to helping others in various health-centered roles, including community outreach and being a Wellness Champion for a major U.S. airline. She truly enjoys sharing her passion with others through motivation and support through group coaching and one-on-one nutrition consultations. It was through her own health challenges that she discovered holistic nutrition. After transforming her own health through food and simple habit change, it inspired her to guide others in doing the same!



### **NEW!** Mindful Eating – Learn to Create a Healthy Relationship with Food and Health

Are you tired of yo-yo dieting? Do you wish you knew how to eat to support your health and natural weight, that doesn't involve restrictive calorie counting and measuring? If so, this course is for you. Learn the truth about health and weight, why restrictive diets actually DON'T work long term, and how to implement mindfulness to overcome emotional eating. In this class, you will also be guided through a mindful eating exercise you can implement right away, and take home my Mindful Eating Guide.

**HLTSC 782-81**  
**\$30 (Senior Fee \$15)**  
**Saturday October 17**  
**10-11:15 a.m. Z 258 Valley**

### **NEW!** Transform Your Health

Could food sensitivities be holding you back from feeling your best? Headaches, joint pain, acne, bloating, fatigue and IBS are just some of the possible symptoms of food sensitivities. In this class, you will learn the difference between food sensitivities and food allergies, the common foods associated with food sensitivity symptoms, why and how our gut health is involved, and discover options such as an elimination diet or lab test to identify if you have a food sensitivity.

**HLTSC 783-81**  
**\$30 (Senior Fee \$15)**  
**Thursday December 17**  
**10-11:30 a.m. A 173a Valley**

### **NEW!**

### Smoothies for Natural Weight Loss

Learn why blood sugar balance is key in maintaining a healthy weight and how you can add smoothies to your nutrition program. Imbalanced blood sugar can trigger unwanted weight gain, insulin resistance, metabolic syndrome, and even lead to diabetes. You may be thinking that juice cleanses or fruit smoothies are a great way to improve your health, but without knowing these KEY components to ensure stable blood sugar, you may be doing more harm than good. In this class, learn the KEY components to smoothies to optimize energy, stabilize blood sugar and achieve your healthy natural weight, and take home a few of my favorite recipes.

**HLTSC 784-81**  
**\$30 (Senior Fee \$15)**  
**Thursday September 24**  
**10-11:15 a.m. A 173b Valley**



**NEW!****Holistic Nourishment: An Eating and Body Image Series**

Listen to your body and thrive, by overcoming eating and body image issues through this 4-week series. This series is based on the five competencies of The Body Positive Model and will cover topics and discussions on:

- 1. Reclaim Health:** Uncover the messages that have influenced your relationships with your body, food, and exercise. Learn ways to embrace a weight-neutral, health-centered approach to self-care.
- 2. Practice Intuitive Self-Care:** Learn to listen to—and follow—your body's wisdom. Acquire tools and resources to help you eat, exercise, and live intuitively.
- 3. Cultivate Self-Love:** Develop a practice of self-love. Employ compassion, forgiveness and humor as you leave behind the need for self-criticism.
- 4. Declare Your Own Authentic Beauty:** Experience beauty as a creative, dynamic process. Inhabit your unique body with joy and confidence.
- 5. Build Community:** Connect to others through a shared positive approach to beauty, health and identity. Role model love and respect for your own body.

These core competencies are fundamental skills we practice on a daily basis to live peacefully and healthfully in our bodies. When we become proficient—competent—at using these skills, we are able to care for ourselves in body, mind and spirit from a place of self-love and appreciation.

Each week we'll come back together to share our triumphs and our struggles. This will be a closed group, so once the series begins we can develop a community and brave space to share our experiences, learn from each other and find the support we need to focus on our health and well-being. Each class will provide supportive handouts and reflective journal activities to share in session.

**HLTSC 788-81**

**\$199 (Senior Fee \$99.50)**

**Thursdays      Nov. 12 - Dec. 10**

**6 - 8:30 p.m.      Z 258      Valley**

**No class on November 26**



**For the safety of our community, class size may be reduced to allow for social distancing. Also, all staff and students are required to wear PPE when on campus.**



# destination DANCE SCHOOL

*Quality and life-enriching instruction in tap, jazz, ballet, modern, theatre dance and ballroom for ages 3 to adult!*

## Train with Dance Director Kellie Lajiness!

- Michigan Dance Teacher of the Year, 2012
- Prominent educator in dance, musical theater and ballroom
- Established Master Class Instructor
- Recognized artist, advocate and mentor
- Award-winning and critically acclaimed choreographer and performer and professional ballroom competitor
- Bachelor of fine arts in dance from Western Michigan University
- Masters in dance from Ohio State University
- Michigan Dance Council board member
- Michigan Youth Arts Festival Dance assistant coordinator
- Member, National Dance Educators of America
- Many former students pursuing degrees and careers in dance and musical theater
- AACT FEST 2019 Excellence in Choreography Award

## At Destination Dance, You Will Enjoy:

- Highly creative and structured lessons
- A supportive environment for all age groups and ability levels
- Appropriate and thoughtful music selections
- A monthly calendar with updates
- Age appropriate dress code and policies

**For the safety of our community, class size may be reduced to allow for social distancing. Also, all staff and students are required to wear PPE when on campus.**

## Tuition

Tuition is paid in six-week installments.

- 40-minute class = \$69 per six weeks
- 55-minute class = \$78 per six weeks
- 70-minute class = \$87 per six weeks
- 90-minute class = \$96 per six weeks
- Private lessons for any subject = \$50 per hour

For more information, you may contact  
Destination Dance Director Kellie Lajiness  
at [klajiness@monroeccc.edu](mailto:klajiness@monroeccc.edu).

## Make MCCC Your Destination for Action-packed Dance!

## Season 11 Begins September 8th!

### NEW Registration Protocol

Open house appointments can be made on the following dates for new and returning students by emailing Kellie Lajiness: [klajiness@monroeccc.edu](mailto:klajiness@monroeccc.edu).

Wednesday, August 26 • 3 – 6 p.m. • H 139

Thursday, August 27 • 3 – 6 p.m. • H 139

- Meet the Instructor
- Receive NEW Policies, Safety Protocol, Attire Info
- Discuss goals and class placement

## Please Note

Your Destination Dance tuition is paid through the Lifelong Learning Office. You may call our office at 734.384.4127 to pay by credit card, mail in your registration and payment to us, or visit us to pay in person.

### Youth Primary III/Ballet Level I – Age 9-11

\$78 per section

Mondays 4:30 – 5:25 p.m. H 139

DANCE 799-81 Sept. 14 – Oct. 19

DANCE 799-82 Oct. 26 – Nov. 30

### Youth Jazz and Tap Combo III – Age 9-11

\$78 per section

Mondays 5:30 – 6:25 p.m. H 139

DANCE 797-81 Sept. 14 – Oct. 19

DANCE 797-82 Oct. 26 – Nov. 30

### Intermediate Pre-Teen/ Teen Tap – Age 11-13

\$69 per section

Tuesdays 4:30 – 5:10 p.m. H 139

DANCE 752-81 Sept. 8 – Oct. 13

DANCE 752-82 Oct. 20 – Nov. 24

### Pre-Teen Ballet Level II – Age 11-12

\$78 per section

Tuesdays 5:15 – 6:10 pm H 139

DANCE 791-81 Sept. 8 – Oct. 13

DANCE 791-82 Oct. 20 – Nov. 24

### Pre-Teen Jazz V – Age 11-12

\$78 per section

Wednesdays 5 – 5:55 p.m. H 139

DANCE 794-81 Sept. 9 – Oct. 14

DANCE 794-82 Oct. 21 – Nov. 25



## Teen/Adult Tap Year I – Age 13+

\$78 per section (Senior Fee \$39)  
Mondays 6:30 – 7:25 p.m. H 139  
**DANCE 757-81 Sept. 14 – Oct. 19**  
**DANCE 757-82 Oct. 26 – Nov. 30**

## Teen/Adult Tap Year III – Age 13+

\$78 per section (Senior Fee \$39)  
Thursdays 6:45 – 7:40 p.m. H 139  
**DANCE 795-81 Sept. 10 – Oct. 15**  
**DANCE 795-82 Oct. 22 – Dec. 3**  
No class on November 26

## Teen/Adult Intermediate Theatre Tap – Age 13+

\$78 per section (\$39 Senior Fee)  
Wednesdays 7 – 7:55 p.m. H 139  
**DANCE 773-81 Sept. 9 – Oct. 14**  
**DANCE 773-82 Oct. 21 – Nov. 25**

## Intermediate/Advanced Teen/ Adult Tap – Age 13+

\$78 per section (\$39 Senior Fee)  
Wednesdays 6 – 6:55 p.m. H 139  
**DANCE 737-81 Sept. 9 – Oct. 14**  
**DANCE 737-82 Oct. 21 – Nov. 25**

## Teen/Adult Ballet Level IV – Age 13+

\$87 per section  
Thursdays 5 – 6:15 p.m. H 139  
**DANCE 772-81 Sept. 10 – Oct. 15**  
**DANCE 772-82 Oct. 22 – Dec. 3**  
No Class November 26

## Better Balance Ballet Barre Exercise

\$69 per section (\$34.50 Senior Fee)  
Tuesdays 11 – 11:40 a.m. H 139  
**DANCE 792-81 Sept. 8 – Oct. 13**  
**DANCE 792-82 Oct. 20 – Nov. 24**

## Adult Ballet Movement – Age 13+

\$78 per section  
Thursdays 4 – 4:55 p.m. H 139  
**DANCE 766-81 Sept. 10 – Oct. 15**  
**DANCE 766-82 Oct. 22 – Dec. 3**  
No class on November 26

## Wedding Bells Ballroom Package

This package includes an introductory planning session and three private lessons. Make your first dance a memory to last a lifetime! Weekday and weekend appointments are available. Dance to your favorite song with ease!

**COST: \$175 per couple\***

### Process for Private Appointments:

- Email Kellie Lajiness at klajiness@monroeccc.edu for initial contact.
- Register for your package by phoning 734.384.4127.
- Kellie will secure the room.  
\*Additional cost for special choreography.

## American Rhythm and Smooth Ballroom

Offerings for Teens and Adults

*NOTE: To promote best practices, new classroom etiquette and protocol will be established for ballroom classes pending COVID-19 status in the State of Michigan. Ballroom students will be contacted regarding safety procedures that might warrant masks, hands free options and social distancing.*

### Ballroom Level II – Class I

Rumba: Cuban motion, patterns and footwork  
Salsa: Footwork, patterns and turns  
**DANCE 703-81**  
**\$78 (Senior Fee \$39)**  
**Mondays Sept. 14 – Oct. 19**  
**7:30 – 8:25 p.m. H 139**

### Ballroom Level II – Class II

Foxtrot: Footwork and Patterns  
Waltz: Patterns and Rise and Fall  
**DANCE 703-82**  
**\$78 (Senior Fee \$39)**  
**Mondays Oct. 26 – Nov. 30**  
**7:30 – 8:25 p.m. H 139**

## New Adult Beginner Ballroom – Class I

East Coast Swing and Night Club  
Two-Step  
**DANCE 702-81**  
**\$78 (Senior Fee \$39)**  
**Wednesdays Oct. 21 – Nov. 25**  
**8 – 8:55 p.m. H 139**

**Performance Opportunities  
will be determined if and  
when COVID -19 safety  
regulations warrant the return  
and inclusion of such events.**

### The following are on hold at this time:

**Destination Tap Collective  
Inside Out Junior Company  
MCCC Ballroom Dance Club  
Practice Parties**

**Inside Out Dance Ensemble will  
resume rehearsals in September  
2020. To inquire about placement  
auditions, contact Kellie directly.**

### Private Dance Lessons

Private dance lessons are available in any field of study. You must enroll in a class prior to the start date and your lessons will be attached to your class as supplementary training. You may purchase any number of lessons; however, they must be completed within the selected class dates.

#### Private Lesson Fees: \$50 per hour

The hourly fee is applicable whether you attend with a partner or not. If you desire staged choreography of any kind, an additional fee will be required.

### Please Note

If you are looking for a different class, age group or time slot that is not offered, additional classes may be added to meet your needs. Private lessons or coaching sessions are available upon request. Information regarding dress code and policies will be provided by the instructor.