

### 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 (VIRTUAL)** *Creating a Healthy Relationship with Food and Body*

Are you tired of yo-yo dieting? Do you ever wish you knew how to eat to support your health, that doesn't involve restrictive calorie counting and measuring? If so, this course is for you. Learn why restrictive diets don't work, how to overcome emotional eating, and be guided through a mindful eating exercise you can implement right away. This class will take place via Zoom. Login directions will be sent to you via email.

HLTSC 782-41

\$30 (Senior Fee \$15)

Thursday Apr. 22

11 a.m. – 12:15 p.m. Zoom Valley



### NEW!

#### **Transform Your Health (VIRTUAL)** *How Food Sensitivities Could be Holding You Back from Feeling Your Best*

Headaches, joint pain, acne, bloating fatigue and IBS are all possible symptoms of food sensitivities. In this course, you will learn the common food triggers and symptoms that are a result of sensitivities and how an elimination diet could be the key to transform your health. Learn common food sensitivity symptoms as well as trigger foods. You will also learn the proper phases of an elimination diet as well as how to reintroduce foods and track symptoms. This class will take place via Zoom. Login directions will be sent to you via email.

HLTSC 783-41

\$30 (Senior Fee \$15)

Thursday May 20

11 a.m. – 12:15 p.m. ZOOM Valley



### NEW!

#### **Health and Hormones (VIRTUAL)** *How Blood Sugar Balance is the Key*

When blood sugar is imbalanced it can affect your overall health and wellness and even put you at risk for health issues that will negatively affect your quality of life. This can trigger unwanted weight gain, insulin resistance, metabolic syndrome and diabetes. These are result of an over production of insulin, the fat storing hormone. You may wish to add smoothies in to your weight loss program, but without knowing these key components to ensure stable blood sugar, you could be doing more harm than good! Learn the easy strategy to create a healthy, balanced meals to add to your health program. Understand the importance of elongating your blood sugar throughout the day to avoid cravings, weight gain, irritability and stress! This class will take place via Zoom. Login directions will be sent to you via email.

HLTSC 784-41

\$30 (Senior Fee \$15)

Thursday June 17

6 – 7:15 p.m. ZOOM Valley



**All virtual classes are  
instructor-led and in real time!**

### **An Introduction to Intuitive Eating (VIRTUAL)**

Diet culture surrounds us whether or not we realize it, and it often encourages us to start a new diet or weight-loss plan, as if being smaller will automatically make our lives better. And the busyness of today's world doesn't make it any easier to cultivate a good relationship with our food. Usually, we're left with inadequate time to plan, prepare and pay attention to our meals. So we do our best — opting for the "healthier option" without considering whether or not we're even hungry or what we're actually craving. We follow rules about the timing and types of food we think we should be eating — and it's easy to fall into a pattern of shame and guilt when we inevitably break these food rules. Enter, Intuitive Eating for Optimal Health. This class will take place via Zoom. Login directions will be sent to you via email.

HLTSC 729-41

\$30 (Senior Fee \$15)

Thursday July 15

6 – 7:15 p.m. ZOOM



Valley





# 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
- 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

## 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 Schedule Continuation Classes Begin January 11

*The following classes have been  
in session since September and  
will continue through May 4*

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

\$78 per section

Mondays 5 – 5:55 pm H 139

DANCE 791-81 Jan. 11 – Feb. 22

DANCE 791-82 March 1 – April 5

DANCE 791-83 April 12 – May 17

No class on January 18



## 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.

## Teen/Adult Tap I –

\$78 per section (Senior Fee \$39) ❄️

Mondays 6 – 6:55 p.m. H 139

DANCE 757-81 Jan. 11 – Feb. 22

DANCE 757-82 March 1 – April 5

DANCE 757-83 April 12 – May 17

No class on January 18

## Teen/Adult Intermediate Theatre Tap

\$78 per section (\$39 Senior Fee) ❄️

Wednesdays 7 – 7:55 p.m. H 139

DANCE 773-81 Jan. 13 – Feb. 17

DANCE 773-82 Feb. 24 – March 31

DANCE 773-83 April 7 – May 12

## Teen/Adult Tap III

\$78 per section (\$39 Senior Fee) ❄️

Thursdays 6:45 – 7:40 pm H 139

DANCE 795-81 Jan. 14 – Feb. 18

DANCE 795-82 Feb. 25 – April 1

DANCE 795-83 April 8 – May 13

## Better Balance Ballet Barre Exercise

\$69 per section (\$34.50 Senior Fee) ❄️

Thursdays 6 – 6:40 p.m. H 139

DANCE 792-81 Jan. 14 – Feb. 18

DANCE 792-82 Feb. 25 – Apr. 1

DANCE 792-83 Apr. 8 – May 13

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.

## 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.*

## January & February Ballroom

### Ballroom Level II/Class I – Foxtrot/Swing

DANCE 703-81

\$78 (Senior Fee \$39)

Mondays Jan. 11 – Feb. 22

7 – 7:55 p.m. H 139

No class January 18



## March Ballroom

### NEW Adult Beginner Variety Class I – Salsa/Night Club Two-Step

DANCE 702-81

\$78 (Senior Fee \$39)

Wednesdays Feb. 24 – Mar. 31

8 – 8:55 p.m. H 139



### Ballroom Level II/Class II Argentine Tango/Merengue

DANCE 703-82

\$78 (Senior Fee \$39)

Mondays Mar. 1 – Apr. 5

7 – 7:55 p.m. H 139



## April & May Ballroom

### Ballroom Level II/Class III Salsa/Night Club Two-Step

DANCE 703-83

\$78 (Senior Fee \$39)

Mondays Apr. 12 – May 17

7 – 7:55 p.m. H 139



## JUNE 4-WEEK SUMMER FUN AND ACTIVE

### Ballroom Level II Cha Cha/Rumba/Waltz

DANCE 703-84

\$52 (Senior Fee \$26)

Mondays June 7 – 28

7 – 7:55 p.m. H 139



### NEW!

### Adult Beginner Variety Class I Foxtrot/Swing

DANCE 702-82

\$52 (Senior Fee \$26)

Wednesdays June 2 – 23

8 – 8:55 p.m. H 139



### Better Balance Ballet Barre Exercise

DANCE 792-84

\$52 (Senior Fee \$26)

Wednesdays June 2 – 23

5:15 – 5:55 p.m. H 139



### Teen/Adult Tap III

DANCE 795-84

\$52 (Senior Fee \$26)

Wednesdays June 2 – 23

6 – 6:55 p.m. H 139



### Teen/Adult Intermediate Theater Tap

DANCE 773-84

\$52 (Senior Fee \$26)

Wednesdays June 2 – 23

7 – 7:55 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

MCCC's Inside Out Dance Ensemble will commence on January 15. Email Kellie directly regarding auditions.

### PRIVATE DANCE LESSONS

Private dance lessons are available in any field of study. Please call our office at 734.384.4127 to learn more.

**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.