

LIVING GREEN

GOOD SAMARITAN SOCIETY SENIOR COLLEGE

Fall 2010 Syllabus

Instructor: Adjunct Professor Laurie Lind Bambas, BS, Exercise Physiology, MS, Occupational Therapy

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Laurie has been practicing as an Occupational Therapist for over 12 years. She is also an Adjunct Professor teaching Anatomy & Physiology, Green Living, Home Design, and Senior Wellness. She specializes in geriatrics and neurology, as well as in home modification, aging in place, decluttering, and redesign.

Laurie enjoys decorating, personal fitness (especially yoga and muscular endurance and strength training) travelling the world, reading, writing, painting, and caring for her 5 dogs, 4 cats, and 6 miniature donkeys on her acreage with her husband.

Guest Presenter: Adjunct Professor Greta Giese, BA, Exercise Science and Sports Management, MA, Community Leisure Services Programming

greta.giese@hegghc.org

Greta is the Exercise Specialist at a hospital in northwest Iowa. She creates and implements personal training, wellness classes, and athletic enhancement for the community and facility employees, as well restorative exercise in long-term care facilities.

Greta is a former college athlete, and she enjoys running, biking, swimming, participating in sports, including a recent triathlon, and she likes to read and spend time with her husband.

The goal of this course is for participants to better understand what it means to 'live green' in today's world, and then to implement methods taught throughout the course in the ways that best fit each individual's lifestyle. It is the hope of the instructors that we each implement at least a few of the means discussed so that collectively, we all make a difference. As Helen Keller so eloquently said, "I am only one, but I am still one. I cannot do everything, but I can do something."

Class 1:

Introduction: What is Living Green? (Laurie)

Green Wellness/Fitness (Greta)

Class 2:

Why Should I Be Green? (Laurie)

Green Wellness/Fitness (Greta)

Class 3:

How Do I Become Green? (Laurie)

Green Wellness/Nutrition Products (Greta)

Class 4:

What Green Products Should I Use in Life? (Laurie)

Green Wellness/Nutrition Food Preparation (Greta)

Class 5:

Where & How Do I Use These Products & Methods? (Laurie)

Green Wellness/Leisure (Greta)

Class 6:

Putting It All Together: It's Easy Being Green (Laurie)

Green Wellness/Leisure (Greta)