

“The Body” with Harold Popma MD

popma@nbnet.nb.ca

Wednesdays, 1:30-3:30pm in TMCC Lounge

6 weeks starting on January 26, 2011.

Maximum 25

Storm Policy: No classes when schools are closed in Sackville

6 modules -Introduction and Heart and Lung; Bones; The Brain; Joints and Ligaments; The Senses; Mind Soul and Spirit:

1. Overview-Aspects of Anatomy

As we get older more emphasis on function and less on appearance

Heart-Lung-Oxygen -- the key to life

Are we contributing to global warming?

How do you mix air and liquid?

2. Bones - we will get the skeleton out of the closet and have a good look at the parts and how they fit together. We are constantly building bone*and* getting shorter

3. The Brain- We are a bundle of a trillion nerves. How can you keep that straight? Can you train your brain? Psychologist Penelope Mott will contribute to this session.

4. Joints and Ligaments - Don't stop! - keep moving!

Muscles are the key, but aim for Pilates and not Mr Atlas. Physiotherapist Kelly Dupuis will assist with this session

5. The Senses- We will have a look at the eyes and hear about ears and touch on several other areas.

6. Body, Mind, Soul, Spirit- come prepared to give your ideas to the group...ESP , life after death, creativity ,what is in your genes?

Instructor Bio:

Family doctor, now semi-retired; graduated from UBC, Vancouver 1969

Some people are very sensitive to perfumes and other scents. Please respect a scent free environment by not using scented products. Thank you.

A note to seniors about class attendance and absenteeism....

As you know, our instructors are all volunteers, who work very hard at putting courses together. Your cooperation is appreciated in letting them know if you are unable to attend any of the classes as most instructors plan weekly classes that are appropriate to the number of registered students in the course.

If circumstances change between registration and the first class, or if you decide to withdraw after the first or second class, please email tscordinator@nbnet.nb.ca or call 364-2780. Many courses have a wait list and this could allow someone else to take your place. Sometimes, seniors have travel plans or medical appointments made in advance. It would help instructors to know this at registration, if possible, so that class material may be adjusted accordingly. Illness, as well as other unanticipated and unavoidable conflicts can occur. If you are able, please let your instructor know as soon as possible if you will miss a class.

Thank you!