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# Course Offerings for Seniors

Classes will be held at Lackawanna College Tobin Hall, 501 Madison Ave, Scranton  
Schedule TBA



- Getting the Most from Your Cell Phone & Avoiding Scam Calls

- Basic Computer Understanding

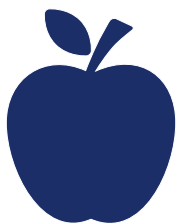


- Self Defense and Awareness of Your Surroundings



- Physical Fitness  
Stretching, Strength Training,  
Flexibility

- Yoga for Seniors



- Nutrition and Your Good Health

- Social Media Understanding



- Mindfulness



- Many On-Line Classes, too!



For more information please call: 570-504-0498

Email: [continuingeducation@lackawanna.edu](mailto:continuingeducation@lackawanna.edu)

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