Continuous Learning Collaborative:

Inspiring Lifelong Discovery

in collaboration with Michigan State University Retirees Association & Faculty Emeriti Association



Making Sense of Common Medical Laboratory Tests

While this course will NOT interpret your laboratory tests for you (that is what your care provider does in the context of your medical situation), it will give you insight to the kind of information that is gleaned from the common tests like urinalysis, metabolic panel, complete blood count, A1c, and lipid tests. It may be more than you think! Learn how those "normal" limits get set and what they really mean. Learn about ways that you can influence the accuracy of your laboratory tests and who the individuals are that do your testing.

Kathy Doig *is a Certified Medical Laboratory Scientist, MLS(ASCP), taught medical laboratory testing and interpretation in the MSU Biomedical Laboratory Diagnostics Program (formerly Medical Technology Program) for 25+ years and taught laboratory hematology in MSU College of Human Medicine for five years. BS in Medical Technology, MS in Clinical Laboratory Science, and Ph.D. in Adult and Continuing Education.*

Schedule:
Wednesdays, December 9, 16, January 6, 13, & 20
1-2 p.m., **Zoom option available*

Cost:
$50 (M), $65 (NM)

Required Reading:
None

All sessions are held in Room 144
at the Hannah Community Center
(819 Abbot Rd., East Lansing)

Class space is limited.
Call today to reserve your spot.
(517) 337-1113

**Zoom Option: If indicated, courses can be taken via Zoom. Link will be sent 24-hours before the first class begins. You must indicate at sign up if you wish to join via Zoom.*

Minimum: 5, Maximum: 40

Introduction to Chinese Medicine

The practice of Chinese Medicine strives to educate all to live a long, vibrant, and disease-free life. This five-week course will introduce Chinese Medicine through lecture, philosophy, calligraphy, qi gong, herbal teas, acupuncture/pressure, and diet. To ensure effective instruction and personal direction, this class size is limited to 15 participants.

Elizabeth Marazita *is a Doctor of Acupuncture and Oriental Medicine, 20+ year practitioner of Chinese Medicine in China, Switzerland and the U.S. She was an international banker (15+ years) until a posting in Hong Kong and exposure to Tai Qi and Chinese Medicine inspired her to make a career change to teach and to practice Chinese Medicine.*

Schedule:
Fridays, January 8, 15, 22, 29, & Feburary 5
10:30 a.m.-12:30 p.m., **Zoom option is NOT available*

Cost:
$50 (M), $65 (NM)
($25 supply fee due to instructor at first class)

Required Reading:
None

Geology of the Great Lakes

This course will present both the geologically ancient and more recent processes that collectively formed the Great Lakes. Discussions of various tectonic, marine sedimentation, glacial, and isostatic adjustment processes will be presented. Numerous tourist locations will illustrate aspects of these multiple processes.

David Lusch *is a professor emeritus of Geography at MSU and has designed and taught similar courses during his career. He has also been a regular presenter to citizen scientist groups through MSU Extension.*

Schedule:
Wednesdays, January 27, February 3, 10, 17, & 24
11 a.m.-12 p.m., **Zoom option available*

Cost:
$50 (M), $65 (NM)

Required Reading:
None