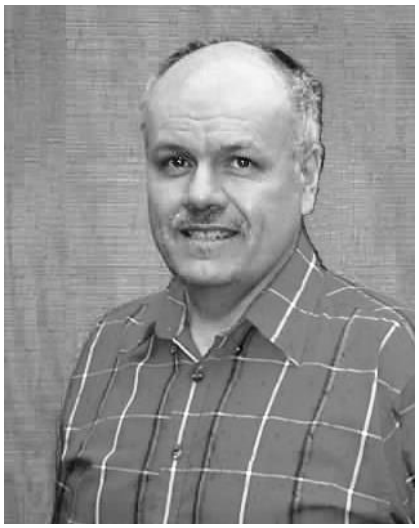
Free

Computer Class
and Weight Loss
Taught by Dave Larson



Held at the Joy Lutheran Church, 1155 Joy Circle, Cambridge MN
To sign up call Dave or Vicki Larson at 763-689-5912

Overview of Computers
3 hours Saturday May 7th 1 to 4 pm

- Common computer terms and the parts of the computer
- Tips for buying a new computer
- Tips for passwords and an easy way to make one
- Lots of questions and answers plus a fun surprise at the end

Weight loss and health
3 hours Saturday May 14th 1 to 4 pm
After a life time of weight problems the instructor finally lost over 90 lbs and got healthy by eating real food and without counting calories or starving. As a group we'll discuss past experiences and an exciting new way to look at food and eating. All ages welcome.

Note - These two classes do not require sharing equipment so we will be able to keep our social distance and be safe. Wearing masks are encouraged.

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