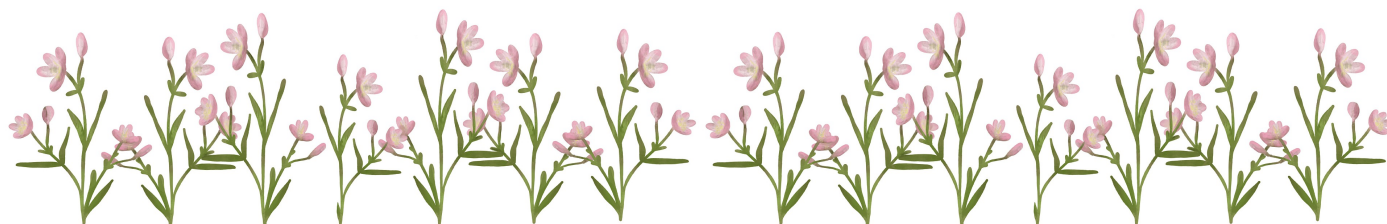


VSU LEARNING *in* RETIREMENT Spring Semester 2022 Course Listing

We regret that the "Welcome Back" Spring Luncheon has been CANCELLED.

We look forward to seeing you in class!



Special Events

End-Of-Year Potluck Lunch

Bring a dish to share (beverages and paper goods provided) and enjoy food and fellowship with your fellow LIR members and friends. You do not need to be a current LIR member to attend. Guests welcome and encouraged! Just prior to the meal the new 2022-2023 LIR officers will be installed.

22SLIR002 Fri, April 29 11:30 am—1 pm

LIR Game Day

Get together for a relaxed board game session in the LIR lounge with other LIR members! We will have a few games on hand, and you can bring your own favorites as well. You can bring snacks to share if you choose; not required. Friends/spouses welcome—you do not need to be an LIR member to attend. Facilitator: Lynn Ross

22SLIR114 Wed, March 23, 1-4 pm

Computers & Technology

Facebook Basics

Bring your device (if you choose), or use our lab computers to learn the “ins and outs” of Facebook, including settings, security features, and posting photos. After a short general overview, the class will be a “Q & A” session. If you plan to set up a new account, you MUST know your email and email password. If you plan to use our computers to access your current account, you MUST know your email, email password, and Facebook password. (Note: if you are used to accessing Facebook on your own device you might not have to sign in each time; but you will need your password to sign into your account on our computers.) Instructor: Elena Schmitt

22SLIR703 Thurs, March 3, 1-2:30 PM

Introduction to 3D Printing

Demonstration of how to find and print a simple 3D object, using the Thingiverse Website and a MakerBot 3D printer. *Course held at the Willis L Miller Public Library, 2906 Julia Drive.* Instructor: Eric Mathis

22SLIR701 Fri, Feb 18, 10-11 am

e-Resources at South Georgia Regional Library

A sample of GALILEO resources available to you at the library, such as Consumer Health, MANGO Languages, and full-text magazines will be demonstrated. *Course held at the Willis L Miller Public Library, 2906 Julia Drive.* Instructor: Eric Mathis

22SLIR702 Fri, March 18, 10-11 am

REGISTER: www.valdosta.edu/pace or call 229-245-6484

Visit our office: Regional Center for Continuing Education, 903 N Patterson Street, Room 124

Health & Fitness

Yoga

Instructor will guide you through 45 minutes of self-care with the practice of yoga to improve flexibility, increase muscle strength and help with balance. Some studies have shown that the practice of yoga helps to reduce stress and enhance breathing. Students are requested to bring a yoga sticky mat, cotton yoga strap, and yoga block. Instructor: Kathleen Hamill

22SLIR401 12 Wed, Feb 2 –April 27
(no class April 6) 10-10:45 am



Range of Motion

Begin with 10 minutes of warm-ups in a chair followed by standing cardio to include stretching, marching and some balancing. Frequent breaks; a chair is available during class. Instructor: Kathleen Hamill

22SLIR402 12 Tues & 12 Thurs, Feb 1-April 28
(no class April 5 & 7) 10-10:45 am

Bowling for Fun

Join us for a little healthy exercise! Meet at Jac's Lanes on Connell Road. You must have or rent bowling shoes. Bowling balls are available. Cost will be \$2.00 per game (to be paid on site). Facilitator: Mickie Gieske

22SLIR408 13 Wed, Feb 2—April 27, 2-4 pm

Introduction to Tai Chi

Learn and perform some basic principles and movements of Tai Chi, which promote relaxation and improve balance. Instructor: Luanna Goodwin

22SLIR403 12 Tues & 12 Thurs, Feb 1-April 28
(no class April 5 & 7) 11 am-12 noon

Boost Your Longevity

Your instructor, a Personal Trainer, Fitness Instructor, Silver Sneakers Instructor and Health/Nutrition Coach, will help you better understand your health risks and concerns and how to properly manage them. It's essential to incorporate fitness into your lifestyle if you want to stay healthy and avoid some of the effects of aging that can slow you down. Instructor: Martina Cephus

22SLIR407 Wed, Feb 17, 1-2:30 pm

Low Impact Exercise

Meet monthly for a dose of low-impact exercise and stretching, with an option to work from a chair. You can take what you learn to use at home between class meetings. Instructor: Lindsay Freidhoff

22SLIR405 4 Mon, Jan 31, Feb 28, March 28, April 25
10-11 am

Hawaiian Dance

Learn some traditional Hawaiian dances and the history behind them. The instructor will bring Hawaiian attire for you to try out. Activities are suitable for all fitness levels, and can even be done from a chair. Instructor: Marguerite Gravlee

22SLIR406 Wed, March 2, 11 am-12 noon

Line Dance Fun & Fitness

An aerobic dance class featuring popular line dances often featured at senior dances, weddings, reunions, and on cruises. The first hour will be geared toward novices/advanced beginners; the second hour will be geared toward advanced beginners/intermediate level dancers. Instructors: Jerry Morton, Linda Crook

22SLIR404 11 Fri, Feb 4-April 22
(no class April 8) 10 am-12 noon

Learn to Square Dance @ Valdosta Senior Center

Come for an evening and learn how to square dance, or just watch the "Belles and Beaux" group dance. George Lavender, the caller, will take you through the moves, and before you know it, you will be square dancing! No special apparel required. **First night free; if you would like to join the group the cost is \$30 for 10 weeks.** Location: Valdosta Senior Center, 1360 E Park Avenue

22SLIR508 Tues beginning Feb 1, 6:30-8:30 pm

History, Social Studies & Science

Salt, Sugar, Fat

Learn the history of processed foods like cereals, cake mixes, and soups, and what a well-educated consumer needs to know about the salt, sugar, and fat found in common processed foods. Instructor: Dennis Bogyo

22SLIR201 8 Mon, Jan 31-March 21, 9-10 am

Views of the News (Class held via Zoom)

Come ready to discuss today's hot news topics and current events. All views are welcome! We will cover local, regional, and global events. Ideological persuasion of the course is determined by who attends and who comes back each semester. Instructors: James LaPlant & Dick Saeger

22SLIR202 12 Fri, Feb 4-April 22 (no class April 8)
10 am-12 noon

Tales from the Florida Storyteller

Hear stories about the fascinating history of Florida's Northeast coast and its inhabitants, from pre-colonial times to the present. Instructor: Bill Ryan

22SLIR203 3 Mon, March 7-21, 10-11 am

Spotting Fake News

As more and more older Americans turn to online news organizations and social media to get their news, it is becoming increasingly important to be able to discern disinformation from legitimate reporting. Recent research from Princeton and New York University has indicated that Facebook users who are 65 and older "posted seven times as many articles from fake news websites" compared to users who were under 29 years old (NPR, 2020). In this session, participants will learn tools to help them evaluate information sources. Instructor: Gwen Ruttencutter

22SLIR204 Wed, March 30, 1-2 pm

Visit to Croatia

Take an armchair trip to Croatia with Dr. Roberson, who lived and worked there for 8 years. Learn about the history and culture of the region, and explore the city of Zagreb, the Croatian coast, the walled city of Dubrovnick, the Slavonia region, and Istria. Tips for planning independent travel to the region will be included. Instructor: Donald Roberson

22SLIR209 Thurs, March 17, 1-2 pm

Visit to the Czech Republic

Take an armchair trip to the Czech Republic (Czechia) with Dr. Roberson, who lived and taught there for 12 years. Explore the cosmopolitan city of Prague, as well as the regions of Moravia, Bohemia, and Silesia. Learn about the history and culture of the area; tips for planning independent travel to the region will be included. Instructor: Donald Roberson

22SLIR210 Thurs, March 24, 1-2 pm

Aigen: One Man's War

View a 15-minute film, "Aigen: One Man's War" about the late George Aigen and his experience in WWII, including the liberation of Dachau concentration camp. Discussion to follow. Instructors: John Brown & Joyce Aigen

22SLIR212 Thurs, March 31, 1-2:30 pm

Why Go to America: Push and Pull Factors Behind Colonization (Zoom Option)

Why did the United States become an English-speaking nation? Learn about the unique set of historical circumstances, not all their own making, that allowed the English/British to dominate North America in a way the Dutch, French, Native Americans, Swedes, Russians, and Spaniards could not. Instructor: Dixie Ray Haggard

22SLIR205 Mon, Feb 7, 10-11 am

Manifest Destiny, Abolition, and Southern Paranoia in Creating the Civil War (Zoom Option)

We will examine the historical trajectory of events that caused the Southern elite to force secession upon the rest of the South and ironically bring about that which they did not want to occur, the end of slavery. Instructor: Dixie Ray Haggard

22SLIR206 Mon, Feb 14, 10-11 am



The Mythology of the Lost Cause and its Legacy (Zoom Option)

We will explore the South's rewriting of its history to cover up the South's guilt in causing the Civil War, and its efforts to reunite its poor whites with its wealthy elite and legitimize Jim Crow segregation. That effort has a legacy that pollutes our legal, political, and social discourse into the twenty-first century. Instructor: Dixie Ray Haggard

22SLIR207 Mon, Feb 21, 10-11 am

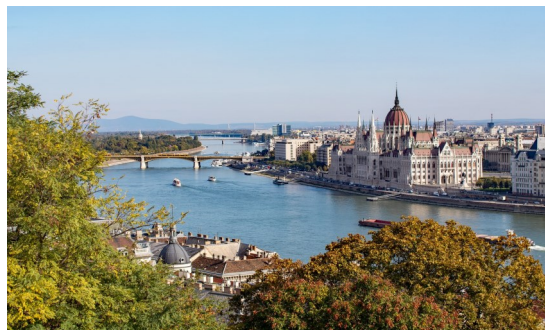
History, Social Studies & Science

Photo Journey: Danube River

Travel along with Judy and the Happy Travelers on a trip down the Danube river, with visits to Budapest, Bratislava, Vienna, Wachu Valley, Linz, Pasau, Regensburg, Munich, Oberammegau, Linderhof Palace, and the Austrian Alps.

Instructor: Judy Baxter

22SLIR208 Thurs, April 28, 1-3 pm



A Tale of Two Williams

Learn about the presenter's two heroic grandfathers, Sir William Wallace and William Henry Haskell. One was hailed and celebrated for his heroic act, the other recognized as a hero in his native country of Scotland but reviled and subsequently brutally murdered in England. Sir William Wallace (the presenter's 18th great grandfather) led the Scottish resistance against English rule in the late 13th century. Depicted as the main character in the movie Braveheart, he is considered a Scottish national hero. William Haskell (the presenter's great grandfather) was a hero in the great Chicago fire, who used his skills as a professional acrobat to help save the south side of Chicago from being destroyed.

Instructor: Deborah Barnard

22SLIR211 Thurs, Feb 3, 1-2 pm

Good to Know

Was it Something I Ate?

One in six Americans get sick each year with "food poisoning" from eating contaminated food. Learn about the major causes of food contamination and how to keep food safe from purchase to the plate. We'll look at food safety inspections and check food scores for restaurants in Valdosta and the surrounding area. Instructor: Sue Bailey

22SLIR303 Wed, March 23, 11 am—12 noon

Household Pest Control

Learn about the common pests that might invade your home, and how to make them unwelcome. Get a better understanding of the different types of cockroaches and other insects, rodents, and how you can keep them from entering your home. Bedbugs (and how to inspect a hotel room for their telltale signs) will be addressed as well.

Instructor: Zane Marshall

22SLIR305 Wed, April 13, 1-2 pm

7 Threats to Your Estate Plan

Join us as we discuss the seven threats to your estate plan and how to avoid them. This will be an overview of wills, trusts, powers of attorney, health care directives.

Instructor: Paul Hamilton

22FLIR307 Thurs, April 14 1-2 PM

Avoiding Payment Card Fraud

It is no fun to have to deal with fraudulent charges on your credit or debit card. Learn how to keep your information safe by using best practices when purchasing online, at the gas pump, or in stores. Instructor: Cathy Sowa

22SLIR304 Mon, April 18, 11 am – 12 noon

Simple Selling Secrets

Everyone has something to "sell," whether it be goods or services online or in person, or volunteering with a civic or political group. Learn about ways to get your information across to others. Everyone who attends will receive an autographed copy of the book "May I Help You?" by the presenter. Instructor: "Diamond" Jim Halter

22SLIR301 Mon, Feb 28, 3-4 pm

Dementia 101

Discussion is based upon Dr. Tann's personal knowledge, experience, and shared information from her book, "The Race of Dementia." It's important to recognize that dementia is not a disease, but the symptoms thereof. Discussion will hinge on differentiating between dementia and related diseases and will include recent facts and figures, resources and encouragement. Noting the colossal responsibility of being a caregiver for a loved one with dementia, information and resources will be incorporated into the session. Instructor: Debra Tann

22SLIR302 Thurs, Feb 10, 1-2:30 pm

What Will I Do Tomorrow?

Instructor will present research completed for his book *What Will I Do Tomorrow?* on the topic of recreation, free time, and physical activity and how walking, dancing, travel, and going to church can all have a positive impact on one's life. Research findings are compiled from central Europe and the USA. Books will be available for purchase. Instructor: Donald Roberson

22SLIR306 2 Wed, Feb 2 & 9, 11 am – 12 noon

Off-Campus Excursions & Tours

Water Bottling Plant Tour (Douglas, GA)

Premium Waters is a consortium of bottling plants with a long history in the bottled water business. They produce, bottle and deliver purified, spring, distilled and mineral water in a variety of bottle sizes under several brand names; they also deliver coffee. This tour will give you a close-up look at the inner workings of their processes. Map and directions sent with receipt. Those wishing to carpool/caravan should be at the RCCE at noon for a 12:15 pm departure. Tour guide: Savannah Holiday/staff

22SLIR501 Thurs, Feb 24, 12:15 departure; 1 hour 15 minute travel time. Tour begins at 1:30 pm.

Lapham-Patterson House Tour (Thomasville, GA)

This Queen Ann-style home, circa 1884-85, was built for Chicago shoe merchant Charles Willard Lapham. The 6,000 sq ft residence is a showcase for the progressive eccentricities of Lapham and his architect Tudor Rommerdal, and is Thomasville's only National Historic Landmark. **\$10/person fee, paid at door (cash only).** Map and directions sent with receipt. Those wishing to carpool/caravan should be at RCCE at 11:15 for an 11:30 am departure. Tour guide: Thomasville Historical Society staff

22SLIR502 Wed, March 9, 11:30 am departure; 1 hour travel time. One-hour tour begins at 1 p.m.

Valdosta Traffic Management Center Tour

Visit the hub of operations of the Valdosta's Traffic Management system, which manages the flow of traffic throughout the city with 2,070 signal controllers. This signal coordination and other intelligent transportation system technologies are critical tools for maintaining optimum traffic flow. **Meet at the TMC, 310 E. Adair St.** Map will be sent with registration receipt. Tour guide: Larry Ogden

22SLIR503 Wed, Feb 16, 1:30-2:30 pm

Valdosta/Lowndes Parks & Recreation

Learn about all the parks and programs that are available to local residents through the Valdosta/Lowndes Parks & Recreation Department (VLPRA); follow up with a tour of the Senior Center. **Meet at the Senior Center, 1360 East Park Avenue.** Map will be sent with registration receipt. Instructors: Kelly Hritz & Temetrece Brown.

22SLIR504 Wed, Feb 9, 1-2:30 pm

Tour of the SGRL Traveling Library

Come check out the new Traveling Library and see what it has to offer our community. **Meet at the Willis L. Miller Library, 2906 Julia Dr.**

22SLIR509 Fri, April 15, 10-11 am

Natural Bridge Battlefield Historic State Park & Battle Reenactment (Tallahassee, FL)

A significant battle took place on March 6, 1865 on the banks of the St. Marks River south of Tallahassee; the fight preserved Tallahassee's status as the only southern capital east of the Mississippi not conquered by Union forces. A living history presentation/battle reenactment takes place each year on the first weekend in March. **Entrance Fee: \$5.** Map sent with receipt. Those wishing to carpool/caravan should be at RCCE parking lot at 9:45 am for a 10 am departure (the building will not be open). Concessions will be available at the site. Info: <https://www.floridastateparks.org/parks-and-trails/natural-bridge-battlefield-historic-state-park>

22SLIR505 Sat, March 5, 10 am departure; approx. 2 hours travel time. Skirmish reenactment is at 3 pm.

22SLIR506 Sun, March 6, 10 am departure; approx. 2 hours travel time. Battle reenactment is at 2:30 pm.

Florida Caverns State Park with Guided Cavern Tour (Marianna, FL)

The only Florida state park with dry caverns accessible to the public features formations that are about 38 million years old. On the 45-minute walking tour (held every 15 minutes) you will view stunning stalagmites, stalactites, rimstone pools, and "soda straws" among other natural wonders. Visitor center/museum & gift shop on site. **Park entrance fee: \$5/vehicle; Cave tour fee: \$10.75, cash only.** Those wishing to carpool/caravan should be at RCCE parking lot at 9:45 am for a 10 am departure. Info: <https://www.floridastateparks.org/parks-and-trails/florida-caverns-state-park>. **Visit the website to see physical requirements for tour.**

22SLIR507 Thurs, April 14, 10 am departure; approx. 2 hour travel time

Bingo Nights (Kennedy Center, Valdosta)

Let's play Bingo!! Bingo is always fun and even more so with friends. **Bingo cards: \$1.00 each.** Meet at the Kennedy Center, 306 St. Augustine Rd, Valdosta.

22SLIR107 Section A: Fri, Feb 11, 7-10 pm

22SLIR108 Section B: Fri, March 11, 7-10 pm

22SLIR109 Section C: Fri, April 15, 7-10 pm

Fine Arts & Literature

Drama Group

Participants will hone their acting skills for a future performance for an LIR audience. Facilitator: Marie Sooy

22SLIR601 11 Fri, Feb 4-April 22
(no class April 8), 1-3 pm

Book Review: *The Cloudbuster Nine: The Untold Story of Ted Williams and the Baseball Team that Helped Win World War II* by Anne R. Keene

This true account is told from the viewpoint of the author's father, who was a batboy and mascot for a team of fighter pilot cadets at a Navy training school at UNC Chapel Hill. The story follows the team, which included Ted Williams, Johnny Pesky, and Johnny Sain as they dazzled the public with exhibition games during WWII.

Reviewer: Bill Eger

22SLIR603 Thurs, March 10, 1-2 pm

Book Review: *The Gown* by Jennifer Robson

Amid the bleakness and shortages of London in 1947, two embroiderers are chosen for the honor of helping to create Princess Elizabeth's wedding gown. More than 60 years later in Canada, a woman receives a set of embroidered flowers from her late English grandmother, and delves in the mystery of how she came to possess the exquisite piece of embroidery resembling the motifs on the Queen's famous wedding gown. Moving between eras, this historical novel explores the three women and how their lives intersect. Reviewer: Mary Helen Watson

22SLIR604 Tues, April 12, 2-3 pm

Book Review: *The Personal Librarian* by Marie Benedict and Victoria Christopher Murray

Hired by J.P. Morgan to be curator of his book and art collection, Belle da Costa Greene becomes a fixture in New York City society, known for her impeccable taste and shrewd negotiation skills. But Belle has a secret: she is actually the daughter of Richard Greener, the first Black graduate of Harvard and a well-known advocate for equality. Belle's complexion isn't dark because of her alleged Portuguese heritage that lets her pass as white—her complexion is dark because she is African American.

The Personal Librarian tells the story of an extraordinary woman, famous for her intellect, style, and wit, and shares the lengths she must go to—for the protection of her family and her legacy—to preserve her carefully crafted white identity in the racist world in which she lives. Reviewer: Patricia Marks

22SLIR605 Mon, April 25, 11 am-12 noon

Have Fun with Ukulele Strum

Absolutely no musical knowledge needed! Have fun accompanying vocal melodies with the "strummed" chords of the soprano, concert, tenor, or baritone uke. If you already have a ukulele, great; but there is no need to own or purchase a ukulele before taking this class. Loaner and "for sale" ukuleles of all sizes will be available to help you decide which size suits you. Music provided; \$4 charge for music notebook (if you do not already have one) to be paid directly to instructor. Instructor: Joan Shepard (*To be extended through May if there is enough interest*)

22SLIR608 12 Mon, Jan 31 – April 25
(no class April 4) 2-3:30 pm

Opera Overview: "Cavalleria"

Passion and betrayal in a Sicilian village! Cavalleria Rusticana is a one act opera with exquisite music that reflects the intense emotions of the story. From passion to betrayal to retribution, this is regarded as Mascagni's best opera. Hear a brief overview, then watch a production. Instructor: Roberta Magnasco

22SLIR606 Wed, Feb 23, 11 am-12 noon

Writer's Meet-Up

Writing is a lonely job and sometimes we need the company and feedback of others to keep us in the groove. This writers/readers workshop is for people who yearn for inspiration from others and for an audience to listen to their work. It is not a "how to" workshop, but rather a support group to keep us going. We encourage those who just want to sit back and listen to the talents of others. You will not be required to write, but may simply enjoy hearing the work of your LIR friends. Facilitator: Harriet Messcher Jansen

22SLIR602 12 Tues, Feb 1-April 26 (no class Apr 5) 1-2 pm

Memoir Writing

"As long as a name is mentioned, memories should live on." Learn how to get started with telling (and owning) your story.

Instructor: Jean Arambula

22SLIR609 3 Thurs, Feb 3, March 17, April 14, 2-3 pm

Theatre Guild Valdosta Spring Preview

Learn about what is planned for the upcoming Theatre Guild Valdosta (TGV) shows this season, and about what goes into making a successful community theatre production. You will find out how TGV plays are selected, cast, and produced, as well as ways you can get involved if you choose. Instructor: TGV Volunteer

22SLIR607 Tues, Feb 1, 2-3 pm

Leisure & Crafts

Mahjongg for Newcomers

Have you wondered why so many people love playing Mahjongg? Have you ever asked, "Would I like it?" In this 4-session course you will learn the basics, then be ready to join in with the regular Mahjongg class if you choose.

Mahjongg newcomers only, please! If you have played before, please sign up for "Mahjongg" (22SLIR102) instead.

Instructor: Elizabeth Burnette

22SLIR101 4 Mon, Jan 31-Feb 21, 11:30 am-12:30 pm

Mahjongg

Unlock the mysteries of this ancient Oriental game played with tiles. Popular to this day and played all across America, this challenging game blends skill, strategy, and chance. We use the National Mahjongg League Card. Appropriate for everyone, from beginners to players just looking to enhance their skills. Instructor: Elizabeth Burnette

22SLIR102 12 Mon, Jan 31-April 25
(no class April 4) 12:30-3 pm

Mixed Media Critters

Create your own Spring critters with fabric and other items applied to canvas. *Extra fee of \$3 to be paid directly to instructor at the class to cover supplies.* Instructor: Holly Gougeon

22SLIR105 Wed, March 16, 1-3 pm

Painted Mandala

Create a mandala design using dot-painting technique on a small canvas. *Extra fee of \$3 to be paid directly to instructor at the class to cover supplies.* Instructor: Holly Gougeon

22SLIR106 Mon, April 11, 10 am-2 noon

Pinecone Flowers

Prepare and paint pinecones to resemble flowers, and create a colorful framed bouquet! All supplies provided, but bring gloves and a glue gun/glue sticks if you have one. Instructor: Madonna Terry

22SLIR104 Wed, Feb 23, 1-3 pm

Painting On Burlap

Using a stencil, we will paint a whimsical design (swirls, bunny, butterfly, dog, tree, heart, flowers) on burlap and "dress it up" with other media. All supplies (including picture frames) provided. Instructor: Madonna Terry

22SLIR117 Wed, March 2, 1-3 pm

Chemo Cap Crew

If you knit, crochet, or sew and have a desire to do something to benefit area cancer patients, consider joining the Chemo Cap Crew, a group of volunteers active for more than 10 years. The volunteers hand-make caps and lapghans to gift to cancer patients at the Pearlman Cancer Center. For more information, call facilitator Annette Woodruff at 229-560-4343.

Bring a crochet hook (4.5 mm) or knitting needles (#10 and #13 or #7 circular). Yarn and patterns are available at the meetings. Meet in the Conference Room of the Pearlman Cancer Center, SGMC. Ask for directions at the check-in counter.

Section A 22SLIR110 Thurs, Feb 24, 10 am-12 noon

Section B 22SLIR111 Thurs, March 31, 10 am-12 noon

Section C 22SLIR112 Thurs, April 28, 10 am-12 noon

Sew for a Cause

If you can cut and pin fabric, sew on a button, or just organize items, we can use your help making items for charities. Come for an hour, or the day. Materials and sewing machines provided. Facilitators: Vicki Gay & Elaine Southall

22SLIR115 Tues, Feb 22, 10 am-3 pm

Make a Spring Wreath

Create a wreath for your door (or to give as a gift) using easily available materials. Everything you will need will be provided. *Extra fee of \$15 to be paid directly to instructor at the class to cover supplies.* Instructor: Vicki Gay

22SLIR116 Thurs, March 10, 2-3 pm

Create a Memory Pillow

Using a shirt that belonged to a loved one who has passed away, make a pillow as a huggable remembrance. You do not have to know how to sew for this class. Two sewing machines will be available, but bring your portable machine if you have one. Each student should bring a button-down shirt (washed and pressed) and a large bag of polyfill stuffing; everything else will be provided. Class max: 10 students. Instructor: Marie Sooy

22SLIR103 Thurs, April 21, 1-4 pm

REGISTER: www.valdosta.edu/pace or call 229-245-6484

Visit our office: Regional Center for Continuing Education, 903 N Patterson Street, Room 124