

Summer, 2005

# LVCC Learner News

YOU ARE INVITED!

Please come to our 2nd annual  
Ice Cream Social

Saturday, August 27th

1:00 to 3:00 p.m.

Family and Friends are welcome.



## Reminder:

There are Free Drop-In  
Conversation Classes

at the LVCC office

715 N. Humphreys

Starting August 10th

**Wednesdays:** 6:00 to 7:00 p.m.

**Fridays:** 10:00 to 11:00 a.m.

Come join us for English conversation!

Call 556-0313 if you have any questions,  
or come in to the office: 715 N. Humphreys.

# Healthy Habits

**Fill in the blanks with one of the words/ phrases from the following word list.**

water  
calories

vitamins  
energy

Food Guide Pyramid

1. The \_\_\_\_\_ tells us what kinds of food we should eat every day.
2. \_\_\_\_\_ help us by supplementing our diet.
3. If you exercise more, you will gain \_\_\_\_\_.
4. If you eat a lot more \_\_\_\_\_ than you use, you will gain weight.
5. It's important to drink a lot of \_\_\_\_\_ every day.

*Life Skills 1999*

**We want to hear your stories! These ideas will help you get started. Don't forget to share them with us!**

1. Describe a time when you had a laugh while exercising.
2. Tell about your most recent visit to the doctor's office.
3. How is healthcare in the USA different from in your home country?
4. How do you stay healthy?
5. Describe the best way you know of to get rid of stress.
6. Tell about the most exciting moment relating to your health.
7. If you could invent a new sport, what would it be like?