

THINK AND THRIVE

PRESENTED BY ALEXANDRIA SENIOR COLLEGE
OPEN TO ALL AGES!



Join us to explore the following topics:

3/24: TAKE 5 – LIFE IS STRESSFUL, BUT MANAGING IT DOESN'T HAVE TO BE

Karen Meuwissen, Marketing and Management Instructor, Alexandria Technical & Community College

3/26: A REPUBLIC IF YOU CAN KEEP IT: AMERICAN DEMOCRACY IN THE AGE OF TRUMP

David Schultz, Distinguished Professor of Political Science and Legal Studies, Hamline University

3/31: DESIGN ORIGINS & IMPACT: HOW DESIGN SHAPES EVERYDAY LIFE

Andrea White, Communication Design Instructor, Alexandria Technical & Community College

4/2: MILK, HONEY, AND FOOD SECURITY IN WEST CENTRAL MINNESOTA

Ed Brands, Environmental Studies Instructor, University of Minnesota Morris

4/7: HOPE AND SUPPORT FOR PARENTS NAVIGATING ESTRANGEMENT WITH AN ADULT CHILD

Kathryn Lichty, Owner of One Hope Counseling

4/9: MAKING MINNESOTA THE STATE THAT SOLVES CRIMES

Will Cooley, Lecturer, University of St. Thomas, Policy Director, Minnesota Justice Research Center

4/14: THE 1950S: BUILDING THE AMERICAN DREAM

Derek Larson, Professor of Environmental Studies and History, College of St. Benedict and St. John's University

4/16: "ABRAHAM LINCOLN AND IMMIGRATION"

James Read, Professor of Political Science, College of St. Benedict and St. John's University

BONUS SESSION:

SPOKEN WORD POETRY

Carlos Andrés Gómez, Poet, Speaker, Actor, Author, and Educator

**MONDAY
APRIL 13**

Detailed Session Info & Registration at [ALEXTECH.EDU/LECTURESERIES](https://alextech.edu/lectureseries)



**MARCH 24 TO
APRIL 16**



**TUESDAYS & THURSDAYS
3:30-5:15 PM**



**9 SESSIONS
HELD LIVE OR VIA ZOOM**

LOCATION:

700 Building, Auditorium 743

**\$125 PER PERSON INCLUDES
ALL 9 SESSIONS!**



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