



at University of California, Irvine

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# OLLI at UCI

UCI Division of Continuing Education

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UC COVID-19 Vaccination Policy. [Click here for more information.](#)

### Information for Fall 2021 Members Who Plan to Attend Online Only

For members who plan to attend courses online completely via Zoom, you may enroll in AH100, OLLI ZOOM ONLY. This will allow the online registration system to recognize that you are becoming an OLLI member, but will attend courses remotely. Otherwise, you may become a member and pay for membership via phone or mail. To pay by credit card, please call UCI Student Services at (949) 824-5414 and press 0 to speak with an enrollment specialist, Monday through Thursday, 9:00am – 4:00pm. Or mail your check and completed [membership form](#) to Osher Lifelong Learning Institute. ATTN: Enrollment, Division of Continuing Education, 510 E Peltason Dr, Irvine, CA 92697. If you have any questions, please contact Student Services at (949) 824-5414 and press 0 to speak with an enrollment specialist, Monday to Thursday, 9:00am – 4:00pm.

## LIFE STYLE MEDICINE STRATEGIES FOR MANAGING LOW BACK (SC 216)

SC 216 LIFE STYLE MEDICINE STRATEGIES FOR MANAGING LOW BACK  
(Class Format C)

Enroll

Our presenter, Ziya Altug, is a Board-Certified Doctor of Physical Therapy with 30 years of clinical experience treating musculoskeletal conditions. He will discuss the impact of lifestyle factors on low back pain, including exercise, nutrition, sleep, and stress.

This class will not be recorded

Presenter: Ziya Altug, PT, DPT, MS, OCS.

Developer: Marj Besemer

Thursday, October 14; 10:00 AM -12:00 Noon



Effective September 1, 2021, and at the direction of UCI administration, OLLI staff will return to work from the OLLI office.

### Contact Us

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Business Hours: