

LATROBE

Spring 2019 Continuing Education Classes

All classes will be held at 130 Depot Street, Latrobe or online.

Hatha Yoga

Yoga is an ancient practice that promotes a sense of inner peace through a series of physical exercises (asanas or postures) and breathing techniques. What sets yoga apart from fitness programs is an emphasis on the breath, as well as a noncompetitive attitude. We will concentrate on Hatha Yoga stretches, centering and meditation. Meditations will have themes of yogic principles and peace. All poses are presented with options for all levels from beginners to intermediate so everyone feels comfortable. Bring yoga mat to class. \$55 tuition, 1.0 CEUs

PHSX 9490-61 Jennifer Goebel 8 Wednesdays starting March 6, 6-7:15 p.m. (no class April 17)

PHSX 9490-60 Tracy Tryal 8 Fridays starting March 8, 10-11:15 a.m. (no class April 19)

Qi Gong for Energy & Health

In four sessions, you'll learn a complete nine-minute system of 13 simple, flowing movements. This practice increases and strengthens the immune system's functioning and promotes overall harmony and well-being with movement, breathing and repetition. Qi Gong (Qi means energy and Gong means practice) is the foundation of Tai Chi. No experience needed. Wear comfortable clothes. Linda Vucelich, \$35 tuition, .5 CEUs

MEDX 6913-60 4 Thursdays starting March 7, 7-8:15 p.m.

Happy Healthy Living:

Chinese Exercises & Acupressure

Chinese Medical Exercises and acupressure massage therapy is based on the traditional Chinese medicine meridian theory which has been used in the treatment and prevention of illness for over two thousand years. You'll learn and practice these exercises that consist of pressing one's own pressure points and stimulating areas of the body that will help you develop muscle tone, boost your immune system, balance emotions, flush out toxins and open blockages to improve circulation and energy flow and balance Yin and Yang. Lingzhi Cai, M.D., Ph.D., \$29 tuition + \$2 material fee, .6 CEUs

MEDX 3009-60 4 Thursdays starting April 4, 6-7:30 p.m. (no class April 18)

Essential Oils 101

Oils extracted from aromatic plants have powerful, positive and therapeutic benefits to the mind and body. You will learn what essential oils are, why they work, and how to safely use them to boost the immune system, reduce stress and anxiety, improve sleeping and breathing, aid in digestion, soothe the body, balance emotions and elevate mood. During the last class, you will make a personalized oil blend to take home. Leigh Ann Brockhoff & Jamie Wieland, \$39 tuition + \$12 material fee, .6 CEUs

PRDX 1801-60 2 Thursdays starting March 21, 6-9 p.m.

Introduction to Bobbin Lace

Bobbin Lace is a skilled craft with a tradition dating back hundreds of years. You will learn about the history while working through a series of patterns designed to introduce you to a new skill each week. A \$25 deposit for tools will be paid to the instructor the first night of class, which will be returned when the tools are returned. Marion Warzel, \$69 tuition + \$10 material fee

CRFX 0540-60 6 Wednesdays starting March 6, 6-9 p.m. (no class March 27 & April 17)

NEW - Patriotic Slate

Paint a patriotic slate using an original roof slate and outdoor paints. Bring a variety of brushes. Slate and paint will be provided. Registration ends April 18. Jenny Obstarczyk, \$15 tuition + \$7 material fee, .25 CEUs

CRFX 6632-60 Tuesday, May 7, 6-9 p.m.

Medicare 101

Information will be presented on Medicare benefits, Medicare Advantage options, Medigap plans and the Medicare prescription drug benefit. Information will be presented by the APPRISE program which is a program of the Department of Aging. The program provides free information and counseling to anyone who is Medicare eligible. No tuition, .2 CEUs

PRDX 5019-60 Tuesday, March 19, 2-4 p.m.

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For more information visit our website!

www.ed2go.com/wcconed

Please note that the Senior Citizen Tuition Waiver does not apply to Ed2GO classes. No credit or CEUs are awarded for Ed2Go classes.

To register, call 1.800.262.2103, ext. 4204 and give the code of the course you wish to take.

For more information, contact Sylvia Detar, director/Continuing Education, at 1.800.262.2103, ext. 4190.

Visit www.westmoreland.edu/coned for a complete listing of all continuing education classes.

ENROLL EARLY! Decisions to hold a class are based upon enrollment approximately one week prior to the start date.

AARP Smart Driver Course

This two-session classroom driver retraining program is designed to help adults age 50 and better improve their driving skills. The class covers the effects of aging and medications on driving, basic driving rules, license renewal, local traffic hazards, adverse road conditions, energy saving and accident prevention measures. \$20 material fee payable at first class (check or money order only made payable to AARP, no cash). The fee is only \$15 if you are a member of AARP (membership card must be presented). NOTE: You must be age 50 or older, have a valid driver's license and attend both sessions to receive a certificate.

RSVL 2150-60 Monday & Tuesday, April 8 & 9,
9 a.m.-1 p.m.

AARP Smart Driver Course Four-Hour Refresher

This class will teach you how to handle adverse driving conditions and traffic hazards, in addition to learning about the effects of aging and medications on driving. Prerequisite: AARP Driver Safety eight hour class. You must bring the safety certificate from prior 55 Alive Driver Safety class as proof of completion. \$20 material fee payable at first class (check or money order only made payable to AARP, no cash). \$15 for AARP members (membership card must be presented)

RSVL 2154-60 Thursday, March 14, 9 a.m.-1:30 p.m.

NEW - Accounting & Finance for Non-Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. Gain an understanding of the financial concepts and accounting processes to be able to analyze resource allocation and evaluate financial performance. Sharon deFonteny, \$195 tuition, 1.6 CEUs

FINX 0025-W1 April 1-26 (online)

QuickBooks

Manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to mid-sized business owners to create and print invoices, track payables and receivables, and more.

New course sessions begin monthly. For class start dates, prices and to register, go to www.ed2go.com/wcconed.

Project Management Processes

Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge (PMBOK) Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field or in any line of work. Come away with a solid foundation of the five processes to learn and use when any type of project occurs in your employment arena. Christina Martinez, \$195 tuition, 1.6 CEUs

JREX 6657-W1 April 1-26 (online)

Collaborative Management

Knowledge of collaborative skills will enable you to gain participation quickly, get input and buy-in for building consensus and plan for cooperation to get crucial projects completed. This course will help you explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization. Joyce Odidison, \$245 tuition, 1.6 CEUs

JREX 4863-W1 March 4-29 (online)

Boosting Your Website Traffic

Acquire the basic skills to boost your web site traffic, including how to analyze your visitor traffic, how to use search engine optimization to get greater visibility and exposure in Google searches, and how to redesign your web site copy to increase your visitors and results. No experience necessary, but if you are at an advanced level, your instructor is an SEO expert and can answer your toughest questions as well. Dan Belhassen, \$195 tuition, 1.6 CEUs

SMBX 9004-W1 March 4-29 (online)

Extraordinary Customer Service

Through this course you will discover the direct relationship between service skills and career achievement. You will become skilled at being an exceptional service provider. You can help your organization and your career by translating your good service intentions into a workable plan and gain knowledge of ways to consistently deliver great service. Fred Bayley, \$145 tuition, 1.6 CEUs

JREX 0975-W1 March 4-29 (online)

NEW - Productivity eTools:

Be Organized & Get Stuff Done

Find out the top 40 favorite applications and eTools of productive workers. Then discover how to select the right tools for your needs, evaluate your productivity system and develop a framework that gets things done. Dr. Jennifer Selke, \$245 tuition, 1.6 CEUs

JREX 6824-W1 April 1-26 (online)

NEW - Substitute Teacher Preparation

Understand what is expected of a substitute and how to maximize your value to a school. Find out how to develop a subnotebook, understand classroom management, the latest techniques in developing lesson plans, how to use your own portfolio to assist in teaching, and much more. David Reilly, \$145 tuition, 1.6 CEUs

JREX 7689-W1 March 4-29 (online)

Introduction to Game Design

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This course provides a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment. Take the first step into understanding game design, and how it can be applied in your field. Moses Wolfenstein, Ph.D., \$245 tuition, 1.6 CEUs

DAPX 3058-W1 March 4-29 (online)

COURSE IDEAS NEEDED

We are always looking for new classes to offer the community. If you have special knowledge or a skill that you would like to share with others, please complete a course proposal. Visit our website at westmoreland.edu/CEproposal to view directions and deadlines for submission.