

ONLINE LEARNING

the solution for today's busy adult

Convenient - Affordable - Effective

Take a course on topics ranging from A-Z Grant Writing, Photography, to Web Design and more all from the comfort of your home or office at times that are convenient for you.

Each course comes equipped with a knowledgeable and caring instructor, lively discussions with your fellow students, and practical information that you can put to immediate use.

For more information visit our website!

www.ed2go.com/wcconed

No credit or CEUs are awarded for Ed2go classes.

NEW CAREERS START HERE

Whether your ambition is to get a promotion, make more money or start a new career, Westmoreland County Community College is the solution.

WESTMORELAND OFFERS:

- In-demand careers including Nursing, Business, Marketing, Graphic Design, Welding & more.
- Flexible learning with online and evening classes
- Affordable tuition and scholarships
- Careers in a year

APPLY TODAY! westmoreland.edu/apply



INDIANA

Spring 2022 Continuing Education Classes

All classes will be held at 45 Airport Road, Indiana or online.

Exploring Wines Around the World

Broaden your knowledge of wine by joining us as we explore the foundations of different wine types. Taste your way through three different worldwide regions and learn about the history and predominant grapes of those regions and food that pairs well with these wines. You will focus on red blends from Pennsylvania, California and Argentina, white wine Rieslings from France, Germany and New York, Cabernet Sauvignon from California, Chile and Italy. Jeffrey Santicola, MS.Ed., CCC, FMP, \$35 tuition + 15 material fee

PRDX 9045-N1 Wednesday, March 23, 6-8 p.m.

Wonders of Watercolor

Have you ever wanted to explore a new creative avenue that's as simple as grabbing a cup of water and a few brushes? Handling techniques of water color paints used by artists and illustrators for centuries to create beautiful and whimsical works will be demonstrated. You will experiment with application techniques to create your own still-life painting. No painting experience necessary. Supply list will be emailed. Registration closes one week prior to start date. Kyle Reidmiller, MFA, \$45 tuition

RTSX 9032-N1 3 Thursdays starting March 3, 6-9 p.m.

String Art

In this hands-on class, you'll learn the steps involved to make a String Art masterpiece. You will form the outlines with a hammer and nails and then weave the strings to make a beautiful seasonal inspired piece of art. A materials list will be provided for you. Registration closes March 31. Vickie Fluharty, \$10 tuition + \$15 material fee

RTSX 6705-N1 Thursday, April 7, 6-9 p.m.

How to Build a Charcuterie Board

Take the mystery out of the Charcuterie Board. You will get a hands-on demonstration of the art of building a charcuterie board. Explore different types of foods that can be paired with your favorite drinks to make an excellent and diverse board for any occasion. You will take home a fully stocked charcuterie board to share with family and friends. Chef Jon Nagy, \$10 tuition + \$25 material fee.

FODX 0979-N1 Wednesday, April 6, 6-7 p.m.

Invest in Your Debt

Learn how to pay off all debt, including mortgages, in seven to 10 years using only present income. You will learn specific mathematical techniques for rapidly paying down debt. Whether you earn \$20,000 or \$120,000, you will benefit from this practical, proven method. No get-rich-quick schemes—just simple math and surprising results. Bring a list of your debts, with balances and monthly payments, along with a calculator to class. Optional textbook available from the instructor for \$45. Linda Banks, \$29 tuition + \$7 material fee

FINX 3220-N1 Tuesday, April 19, 6-9 p.m.

Discover Living History

Ever wonder about what those men and women are doing at Fort Ligonier or Bushy Run Battlefield during events, dressed up in period clothes? They are enacting Living History. You will learn about the history of the 60th Royal Americans and the French and Indian War fought at Bushy Run Battlefield and Fort Ligonier, along with how being a living history reenactor works. Mark Somers, 60th Royal Americans, French and Indian War Reenactor, \$10 tuition

HSTX 1349-N1 Thursday, March 31, 6-8 p.m.

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To register, call 1.800.262.2103, ext. 4204 and give the code for the course you wish to take.
For more information, contact the Information Center at 1.800.262.2103.
Visit www.westmoreland.edu/coned for a complete list of all continuing education classes.

Stress Management Sampler

Feeling stressed? Join us to explore different ways to manage your stress at home, on the go, and in the workplace. You will learn a variety of different techniques to reduce your stress and increase your relaxation response.

Tips for Stress Resilience

What are some healthy habits that help manage stress? Learn how exercising, eating well, and practicing stress management techniques affect your ability to process stress. You will practice deep breathing, chair yoga, visualization and body scanning. Tiffany Chan, \$10 tuition
PHSX 7998-N1 Monday, March 14, 6-7:15 p.m.

Relax for Better Sleep

Ever feel terrible after a poor night's sleep? Learn tips for healthy sleep while trying Chi Gong and other stress management techniques. Tiffany Chan, \$10 tuition
PHSX 7129-N1 Monday, March 21, 6-7:15 p.m.

Understanding Stress & You

You will explore how stress affects your physical and emotional health. The focus will be on deep breathing, chair yoga, and progressive relaxation. Tiffany Chan, \$10 tuition
PHSX 7999-N1 Monday, March 28, 6-7:15 p.m.

How Thoughts Contribute to Stress

Your thinking and attitude play an important role in your level of stress and stress management. While practicing meditation, discover how to relax negative thoughts and experience more happiness and peace. Tiffany Chan, \$10 tuition
PHSX 7997-N1 Monday, April 4, 6-7:15 p.m.

Healthy Emotions

Ever at a loss on how to experience your emotions? Strategies, such as, practicing deep breathing, chair yoga, progressive relaxation and meditation can be used to experience your emotions in a healthy way and bring more peace and joy to your life. (This class is not a substitute for therapy or anger management) Tiffany Chan, \$10 tuition
PHSX 3042-N1 Monday, April 11, 6-7:15 p.m.

WESTMORELAND IS THE PLACE FOR SUMMER CAMPS!

Whether it's sports, science, cooking or career exploration, we have camps and classes that are fun and exciting for kids and teens!

Visit westmoreland.edu/camps in March to view the full schedule.

American Heart Association (AHA) Courses

The AHA has purposely developed instructional material to promote knowledge of and proficiency in CPR. Although these CPR courses are not sponsored by an AHA component, some or all materials utilized by faculty or students may be AHA materials supplied on a cost basis. Any fees charged for these courses do not represent income to the AHA. The AHA requires students to purchase appropriate CPR textbook prior to class.

- Material fees are subject to change based on a potential increase in course cards.
- Provider manuals can be purchased online. Links are provided below.

Textbooks available at the American Heart Association website. The link for BLS is <https://shopcpr.heart.org/bls-provider-manual>

Basic Life Support for Health Care Providers (BLS/HCP): Adult/Child/Infant

Designed for health care providers and follows the AHA Guidelines for delivery of CPR for victims of all ages (including ventilation with a barrier device, a bag-mask device and oxygen), use of an AED on adults and children and relief of foreign body airway obstruction (FBAO) in responsive and non-responsive victims. Written testing and hands-on skill performance are required. A course card is awarded upon successful completion. Kasey Law \$49 tuition + \$11 material fee + required text (review of textbook prior to class is required), .475 CEUs
MEDX 1101-N1 Monday, May 23, 4-8:45 p.m.



Basic Life Support for Health Care Providers (BLS/HCP) – Renewal

Renew your basic life support for health care providers by reviewing the 2015 AHA Guidelines. You will review the latest adult, child and infant CPR skills for one and two rescuers; practice skill development and foreign-body airway obstructions; the integration of an AED into adult and pediatric CPR and rescue breathing using barrier devices and the bag-valve mask. A current BLS for Health Care Providers CPR card is required for admittance. Written exam and skills evaluation required. Kasey Law \$39 tuition + \$11 material fee + required text (review of textbook prior to class is required), .35 CEUs
MEDX 1106-N1 Monday, April 25, 4-7:30 p.m.

Remote Working & Communicating

Gain new insights, experiences and advanced tips for working from home. Find out the 5 bad habits too many remote workers and their managers acquire from lack of experience, tools and expertise. Then acquire the latest strategies for communicating with remote workers. Come away with a deeper understanding of this enormous cultural and work shift going on in the workplace and in society. William Draves, \$245 tuition
JREX 7340-W1 April 4-29



Managing Remote Workers

You cannot manage remote workers like you manage office workers. But you can manage remote workers better, with greater productivity and efficiency. Discover the keys to successful managing in the new workplace of the 21st century. Get a step-by-step practical guide you won't get anywhere else. Employees and employers both like the new system. You'll want to apply these practices to your office workers as well. William Draves, \$245 tuition

JREX 6720-W1 March 7-April 1
JREX 6720-W2 May 2-May 27

Managing Remote Workers Certificate – Register for the Certificate & Save Money

Discover the keys to communicating with and managing remote workers, one of the fastest growing sectors of the workforce. Some 80% of employers are keeping some or many of their employees working from home part of the week. People working from home are 25% more productive than those who work in an office. Working from home is here to stay. Tap into the experience of a CEO who has been managing remote workers for 22 years. When you register for the certificate, you are registering for two one-month courses at a reduced rate. You do not have to take both courses in the same semester, and they can be taken in any order. \$395 tuition

JREX 6721-W1

Introduction to Power BI

Gain insights into your data! Power BI (business intelligence) is a widely used business analytics service offered by Microsoft. Power BI Desktop is a complete data analysis and report creation tool that you install for free. Discover how to quickly extract, transform, and load data with just a few clicks. You will create interactive visualizations (charts, maps, KPIs) to provide insights into your company's data to make informed decisions. Marion Williams, \$195 tuition, 1.6 CEUs
DAPX 6676-W1 April 4-29

Intermediate Power BI

Delve further into Power Query to ETL (Extract, Transform and Load) your data. Build the Data Model using modeling features and relationships. Perform calculations using DAX (Data Analysis Expressions) functions. Utilize Time Intelligence functions to view YoY or YTD reports. Add user friendly features to enhance your reports. Marion Williams, \$195 tuition
DAPX 6681-W1 March 7-April 1
DAPX 6681-W2 May 2-27

Advanced Power BI

Expand your knowledge of Power BI Desktop to the highest level. This course focuses on the advanced capabilities of Power Query, Data Modeling and Reports. Check for data inconsistencies, design efficient queries, create proper relationships, and write DAX code to ensure reports update quickly and accurately. Add navigation and analytical features to your reports to enable consumers to analyze the results. Marion Williams, \$195 tuition
DAPX 6682-W1 April 4-29

Power BI Certificate –

Register for the Certificate & Save Money



This certificate will enhance your skills in data analysis, giving you greater insight into your organization's performance and allowing you to make more informed decisions. When you register for the certificate, you are registering for all three one-month Power BI courses at a reduced rate. You do not have to take all of the courses in the same semester, but the classes must be taken in the following order: Introduction, Intermediate, Advanced. \$495 tuition
DAPX 6684-W1



Mental Health First Aid

This groundbreaking skills-based course gives people the tools to identify, understand and respond to someone who might be struggling with a mental health or substance use challenge – and connect them with the appropriate resources when necessary. In this training, you will learn a five-step action plan that guides your interaction with individuals experiencing a mental health or substance use crisis. Pre-coursework is completed online. Registration ends April 27. Bethany Gary and Meredith Weber, \$75 tuition + \$24 material fee

JREX 5250-R1 Saturday, May 14, 10 a.m.-4:30 p.m.

 Denotes ONLINE Class
 Denotes REMOTE Class

COLLEGE'S OPERATING PLAN DURING COVID-19

Please review the plan on the college's website prior to attending class at westmoreland.edu.