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LATROBE **Spring 2022 Continuing Education Classes**

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

Computers for Plus 50 using Windows 10

A beginner class especially for those 50 and better that provides a hands-on, relaxed approach to computer learning for personal use or to develop job-related skills. Become familiar with the Windows 10 interface and its basic capabilities, along with basic computer hardware and terminology, file saving, file management, creating documents, sending email, browsing the Internet and sharing information between applications and other users. Bring flash drive to second class. Vicki Walker, \$99 tuition + required textbook, 1.5 CEUs

DAPX 0916-60 5 Tuesdays starting March 22, 6-9 p.m.

Gentle Yoga

An introduction into yoga techniques for those who haven't exercised lately or are limited in mobility. Learn to apply the principles of yoga to stimulate the body into more flexibility, the mind into awareness and peace and to unlock the potentiality that is within all of us. Bring a mat or towel to class. Jennifer Goebel, \$49 tuition

PHSX 9485-60 8 Mondays starting March 7, 6-7 p.m.

Qi Gong for Energy & Health

In four sessions, you will 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

MEDX 6913-60 4 Thursdays starting March 10, 7-8 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.

WESTMORELAND COMMUNITY COLLEGE

Latrobe



Introduction to Bobbin Lace

Are you ready for a new adventure? 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 Mondays starting March 14, 6-9 p.m. (No class March 28 and April 4)

Hungarian Easter Egg Decorating with Beeswax

Join us for an evening of Hungarian Easter Egg decorating. You will decorate an egg using the techniques, designs and traditions of different regions. No experience is necessary. You will leave class with an egg you decorated and a kit you can use to make more at home. Registration closes March 11. Timea Szep, \$25 tuition + \$20 material fee

CRFX 3078-60 Tuesday, April 5, 6-9 p.m.



Figure Drawing 101

If you've ever wanted to improve your stick-figure drawing skills, have we got a course for you. In a few sessions, learn the fundamentals of figure drawing such as recognizing lines of action, gesture drawing, and how to capture measurements and angles to better proportion your figures and increase your drawing skills. Supply list will be emailed. Registration closes March 15. Kyle Reidmiller, MFA, \$45 tuition + \$2 material fee

RTSX 2164-60 3 Thursdays starting March 24, 6-9 p.m.

English as a Second Language (ESL)

Learning English as a second language can be difficult, especially if you are not sure where to start. In this class, you will focus on improving your English by participating in listening, speaking and reading activities, reviewing grammar and structure, and improving your accuracy in vocabulary and pronunciation. This class is for individuals that have a basic understanding of English and wish to grow these skills for employment and academic purposes. Jennifer Eckels, \$145 tuition + \$10 material fee

LNGX 1756-60 8 Wednesdays starting April 6, 9 a.m.-noon

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-guick 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 3220-60 Tuesday, March 8, 6-9 p.m.

Selling a Home in Today's Market

Whether you sell your home on your own or go through an agent, this class will be beneficial for you. Preparing your home for the market, determining value, maximizing the selling price, avoiding problems, reducing selling time and understanding the contract will be covered. Scott Ludwick, \$15 tuition, .2 CEUs RESX 7500-60 Thursday, March 10, 6-8 p.m.

Buying a Home in Today's Market

This course will provide an overview on where to start, what to look for in determining value, best financing for your lifestyle and needs, making the best investment, inspections, understanding the contract and more. Scott Ludwick, \$15 tuition, .2 CEUs

RESX 0460-60 Thursday, March 24, 6-8 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.

What is a Doula?

Using a Doula during childbirth has been growing in popularity over the last few years, but what is a Doula exactly? They are highly trained support professionals who are well-versed in childbirth, newborns, and the early postpartum period. Learn more about what a doula is, what they do, how to connect with a creditable professional, and how they can help you prepare for a positive and meaningful birth experience. Jessica Brown, CD/ PCD (DONA). \$10 tuition

MEDX 1332-60 Tuesday, March 29, 6-8 p.m.

Bringing Baby Home

You've prepared for your upcoming birth, now what about when you bring baby home? Often the postpartum period, or the "fourth trimester," gets overlooked when planning for baby's arrival. More than setting up a nursery, postpartum preparation applies to the whole household. Learn how to cope with lack of sleep, what to eat after birth, what is normal for a newborn, and what parents need the most when raising a newborn. Find the tools to help extend that lush post birth bonding and adoration as you transition into parenthood. Jessica Brown, CD/PCD (DONA). \$10 tuition

MEDX 1333-60 Tuesday, April 12, 6-8 p.m.

Monarchs, Milkweed & You!

The Monarch butterfly population has declined about 80% in the last 20 years. Steps are being taken to help save them from further decline. Patti Schildkamp, a Monarch enthusiast who has raised hundreds of Monarchs from egg stage to maturity, will take you through the Monarch lifecycle, the critical role milkweed plays in their survival, their fall migration to Mexico, and how you can make a difference. \$10 tuition + \$2 material fee

NTRX 5328-60 Thursday, March 31, 6-8 p.m.

Essential Oils 101

Aromatic plants have long played an important role in human civilizations. 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, etc. You will make a personalized oil blend to take home. Jamie Wieland, \$39 tuition + \$12 material fee, .6 CEUs

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

Natural Cleaning

Tired of not knowing what is in your household cleaning products and how it could be affecting you, your family and even your pets? During this three-hour class, you will discover new ingredients and methods to clean with that are nontoxic for your entire household. You will even make a natural cleaning product to take home and enjoy! Jamie Wieland, \$15 tuition + \$5 material fee

PRDX 1803-60 Wednesday, April 6, 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 1349-60 Monday, April 11, 6-8 p.m.



Prohibition in America

This course examines the origins of alcohol in America, how it was used and why people wanted its use to end. It then takes a more detailed view of the rules during prohibition, how they were violated and how they were followed. It also looks at the political process that allowed a very small minority in the country to enact a constitutional amendment to ban the sale, importation and production of alcohol in America. Scott Perry, \$15 tuition, .3 CEUs HSTX 6677-60 Tuesday, March 22, 6-9 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 gueries, create proper relationships, and write DAX code to ensure reports update guickly 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 onemonth 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.



COLLEGE'S OPERATING PLAN DURING COVID-19

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