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 non-competitive attitude. Concentration is on Hatha Yoga stretches, centering and meditation. Meditations will have themes of yogic principles and peace. Poses are presented with different levels of difficulty and demonstrated. Yoga is all about breathing, smiling, feeling better and being more at peace. Bring yoga mat to class. For class held in Latrobe, also bring yoga block and strap.
Saroja Chandra, $45 tuition, 1.0 CEUs

PHSX 9490-90  8 Tuesdays starting March 10, 6-7:15 p.m. (no class March 24)

Photoshop, Level 1
With this hands-on course, you will enhance photos and artwork that will demonstrate the Photoshop basics and capabilities. Using the powerful tools of retouching, painting and drawing, you will be able to create dazzling images to make your presentations, newsletters or artwork pop. You should know how to use a computer, but no previous Photoshop experience is necessary. Victor Pilipovich, $85 tuition + $10 material/lab fee, 1.5 CEUs
DAPX 6657-90  5 Thursdays starting March 12, 6-9 p.m. (no class April 2)

Computers for Plus 50 using Windows 7
A class especially for those 50 and better that provides a hands-on, relaxed approach to computer learning. Enhance your knowledge for personal use or to develop better job-related skills. Gain an understanding on how to use the Windows Operating System and the free programs that come with Windows. Learn the basics of computer hardware, some computer terminology, basic Word editing and using the Internet and e-mail. Bring flash drive to class. Denis Zera, $89 tuition + $10 material/lab fee, 1.5 CEUs
DAPX 0914-90  5 Mondays starting March 16, 6-9 p.m.

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. Text can be purchased at the WCCC Bookstore. $45 tuition + $11 material fee + required text (review of textbook prior to class is required), 1.475 CEUs
MEDX 1101-90  Tuesday, March 24, 5:30-10:15 p.m.

Medicare Basics
Many decisions need to be made when you become eligible for Medicare. To assist you in making these informed decisions, 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. Lee Liermann, no tuition, .2 CEUs
PRDX 5019-90  Tuesday, April 7, 2-4 p.m.

The History of Bushy Run Battlefield
The Battle of Bushy Run was one of the most significant Native American conflicts in American History. Come and discover the role this local historical landmark played in the history of our nation. Scott Perry, $15 tuition, .3 CEUs
HSTX 3072-90  Wednesday, April 8, 6-9 p.m.

Excel 2013 Workshop
You will be introduced to the essential Excel features. You will create worksheets by entering and editing data; managing and navigating worksheets and workbooks; creating formulas; using functions; manipulating worksheet data; formatting worksheet contents; and preparing, setting up and printing information. The new Microsoft Office 2013 is cloud-connected, which gives you access to your Office applications and documents from anywhere on any device, plus additional online storage from SkyDrive. Windows knowledge is required. Textbook available at the WCCC Bookstore. Bring flash drive to class. 30 minute lunch on your own. Richard Martz, $45 tuition + $5 material fee + required textbook, .6 CEUs
DAPX 1778-90  Friday, April 10, 8:30 a.m.-3 p.m.

To register, call 1-800-262-2103, ext. 4204 and give the code for the course you wish to take. For more information, contact Sylvia Detar, director/Continuing Education, at 1-800-262-2103, ext. 4190. Visit www.wccc.edu/coned for a complete list of all continuing education classes.

WCCC is an affirmative action, equal opportunity college

Tuition costs apply to Westmoreland County residents. Residents of other counties are charged double tuition.