



# LATROBE

## Fall 2017 Continuing Education Classes

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

### Decorative Painting

You will complete four seasonal projects while learning the basics of surface preparation, pattern transfer, base coating, shading, highlighting and linework. Various surfaces and techniques will be explored along with an explanation of different types of brushes, acrylic paints and mediums. A paint and brush list will be mailed prior to class. Registration closes October 4. Jenny Obstarczyk, \$59 tuition + \$20 material fee, 1.25 CEUs

CRFX 1326-60 5 Mondays starting October 16, 6-8:30 p.m.

### Painted Terra Cotta Pots

Paint three (3) terra cotta pots (different sizes) for your holiday table decoration, or for gift-giving. All supplies included except brushes. Bring a wide wash brush, a #0 liner or smaller & other smaller flat and round brushes. Registration closes November 13. Jenny Obstarczyk, \$17 tuition + \$10 material fee, .3 CEUs

CRFX 6603-60 Monday, November 27, 6-9 p.m.

### Painted Wine Glasses

Decorate and personalize four wine glasses for the holidays or anytime. All materials provided except the brushes. Please bring small (#4 or smaller) round and flat brushes and a #0 or smaller liner brush. Jenny Obstarczyk, \$15 tuition + \$9 material fee, .25 CEUs

CRFX 6607-60 Monday, October 9, 6-8:30 p.m.  
(Registration closes September 28.)

CRFX 6607-18 Tuesday, February 6, 6-8:30 p.m.  
(Registration closes January 26.)

### 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 will 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 September 28,  
6-7:30 p.m.

### 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. We will concentrate on Hatha Yoga stretches, centering and meditation. All poses are presented with options for all levels from beginners to intermediate so everyone feels comfortable. Bring yoga mat to class. Tracy Tryall Cedergren, \$49 tuition, 1.0 CEUs

PHSX 9490-60 8 Mondays starting October 2,  
10-11:15 a.m.

### Essential Oils 101

Aromatic plants have long played an important role in human civilizations. Although the use of essential oils has evolved over the years, the basic principles remain the same. Oils extracted from aromatic plants have powerful, positive and therapeutic benefits to the mind and body. 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 Mondays starting October 9, 6-9 p.m.

### Qi Gong for Energy & Health

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, .5 CEUs

MEDX 6913-60 4 Thursdays starting October 26,  
7-8:15 p.m.

### 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 Tuesday & Wednesday, November 14 & 15,  
9 a.m.-1 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.westmoreland.edu/coned](http://www.westmoreland.edu/coned) for a complete list of all continuing education classes.



### 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 Monday, October 16, 6-10 p.m.

### Excel 2016, Level 1

You will be introduced to the essential Excel features. You will create worksheets by entering and editing data, manage and navigate worksheets and workbooks, create formulas, use functions, manipulate worksheet data, format worksheet contents and prepare, set up and print information. Windows knowledge is required. Textbook available at the college bookstore. Bring flash drive to class. Richard Martz, \$75 tuition + required textbook, 1.2 CEUs

DAPX 1781-60 4 Mondays starting September 25, 6-9 p.m.)

### Blueprint Reading

Ever look at an assembly drawing and wonder what all the different lines mean? This online class will introduce you to blueprint reading and interpretation with a focus on reviewing common elements, the alphabet of lines and the differences between types of drawings. \$275 material fee, .5 CEUs

ATCX 7010-W1 September 18, 2017 - March 18, 2018 (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](http://www.ed2go.com/wcconed).

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