

# LATROBE

## Fall 2018 Continuing Education Classes

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

### 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 27,  
6-7:30 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, .5 CEUs

MEDX 6913-60 4 Thursdays starting October 4, 7-8:15 p.m.  
(no class October 25)

### 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. Yoga is all about breathing, smiling, feeling better and being more at peace. Bring yoga mat to class. \$49 tuition, 1.0 CEUs

PHSX 9490-60 Tracy Tryall  
8 Mondays starting September 24,  
10-11:15 a.m. (Westmoreland-Latrobe)

PHSX 9490-61 Jennifer Goebel  
8 Mondays starting  
September 24, 6:30-7:45 p.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 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 September 20,  
6-9 p.m.

 Denotes Online Class

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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 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.

### **NEW - Fall Painted Chalk Board**

Paint a chalk board full of autumn images and words to add to your fall decorating. The images will be permanent when finished. Please bring a variety of paint brushes. Paints and chalk board will be provided. Registration ends October 9. Jenny Obstarczyk, \$17 tuition + \$12 material fee

CRFX 2136-60 Tuesday, October 23, 6-9 p.m.

### **Painted Terra Cotta Pots**

Paint a set of three (3) fall Halloween-themed terra cotta pots. All supplies included except brushes. Bring a wide wash brush, a #0 liner or smaller & other smaller flat and round brushes. Registration ends September 25. Jenny Obstarczyk, \$17 tuition + \$7 material fee, .3 CEUs

CRFX 6603-60 Tuesday, October 9, 6-9 p.m.

### **NEW - 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 Thursdays starting October 4, 6-9 p.m. (no class October 25)

### **Medicare 101**

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. No tuition, .2 CEUs

PRDX 5019-60 Tuesday, September 18, 6-8 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 13 & 14, 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 Monday, October 15, 6-10 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. Textbook available at the college bookstore. \$45 tuition + \$11 material fee + required text (review of textbook prior to class is required), .475 CEUs

MEMX 1101-60 Wednesday, October 10, 4:45-9:30 p.m.

### **The Business Plan**

Whether starting a business or growing the one you have, a business plan serves as a roadmap and can help secure needed funding. Evaluate the many aspects and potential hurdles of your business and build the business plan, one step at a time. Focusing on the most critical components of the business plan enables you to uncover hidden risks and assess the business from a marketing, management and financial vantage point.

Mary Beth Izard, MBA, \$195 tuition, 1.6 CEUs

SMBX 0448-W1 October 1-26

### **Developing Your Leadership Skills**

Especially for future and emerging leaders in Gen Y, come discover the key concepts of being a leader and the best strategies for developing your leadership skills and influence. Learn the unspoken secrets that leaders know and the strategies they employ/exhibit to influence others. Leadership skills are acquired and learned. The action takes place in attending meetings, running meetings, interacting with others 1:1, and employing successful techniques to convince and influence others. You can become a leader if you know the dos and don'ts; what to say, what not to say; what to do, and what not to do.

William Draves, \$145 tuition, 1.6 CEUs

JREX 1360-W1 October 1-26

### **How to Avoid Fatal Leadership Errors**

Discover how fatal leadership errors begin. Review cases of real leaders in business, education and government who experienced initial success but ultimately failed because of their own actions. Find out the leading fatal leadership errors, inappropriate dispositions and attitudes, and lack of knowledge and skills. You will take away several practical recommendations to help you minimize these errors and help you perform your leadership role to an optimal level of efficiency. Henry J. Findlay, \$245 tuition, 1.6 CEUs

JREX 4853-W1 November 5-30

### **Collaborative Management**

Whether you manage or lead people, collaborative skills are essential to help harness the energy of groups and teams for maximum performance and productivity. 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 October 1-26

## The Flipped Classroom

The flipped classroom concept changes routine, boring education, into a vibrant exchange of ideas and group learning that makes for a fascinating and memorable experience. We will explore what defines a flipped classroom, why it is important, the advantages, how to implement, and some examples of how others have benefited from this process. John Meyer, Ph.D., \$195 tuition, 1.6 CEUs

JREX 2110-W1 November 5-30

## 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 October 1-26

## Using Personality Profiles for Better Work Performance

Understanding yourself and others will increase your overall effectiveness at work, home and in all of your relationships. Learn how to improve your communication with others, convey your ideas effectively and improve your ability to understand what is important to those who don't share your same style. Course fee includes your own DiSC Behavioral Personality Profile assessment and review. Sally Klauss, MBA, \$295 tuition, 1.6 CEUs

JREX 6820-W1 November 5-30

## Extraordinary Customer Service

Learning to build your customer service skills will have a powerful impact on your career success as well as success in other areas of your life. 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. The payoff is enormous. Fred Bayley, \$145 tuition, 1.6 CEUs

JREX 0975-W1 October 1-26

## 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 October 1-26

# 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](http://westmoreland.edu/CEproposal) for a course proposal form and to view directions and deadlines for submission.

## Access

Take control of your data. Harness the power of Microsoft Access to build, edit and maintain a database complete with tables, reports, forms, macros and queries to give you fast access to all your important information. Course runs for six weeks. For class start dates, prices and to register, go to [www.ed2go.com/wcconed](http://www.ed2go.com/wcconed).

## PowerPoint

Give your presentations a fresh new look. Create animated presentations formatted with color, text, pictures, shapes, charts and text and object hyperlinks. Course runs for six weeks. For class start dates, prices and to register, go to [www.ed2go.com/wcconed](http://www.ed2go.com/wcconed).

## 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 midsized 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).

## SQL

Gain a solid working knowledge of this powerful and universal database programming language. Course runs for six weeks. For class start dates, prices and to register, go to [www.ed2go.com/wcconed](http://www.ed2go.com/wcconed).

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\*Time is dependent upon program and if any developmental coursework is required.