Fiction and Creative Nonfiction Writing Workshop

**New!** Are you an aspiring writer who has trouble getting started, or difficulty polishing your work for publication? Join an expert writer who has recent publications in nonfiction, poetry, fiction and more. This is a perfect class for writers of any skill level who are looking to develop their work in a welcoming class atmosphere that is designed to foster the student’s individual writing interests, whether it is purely cathartic or geared towards professional publication. Peer review and group readings are additional features of this class.

**Mondays**
2237 Haley Center
**April 1st to April 22nd**
Dr. Alyssa Ross
**5:30 – 7:00 PM**
$59

Calligraphy Brush Lettering (Two options)

**New!** This class will introduce the elegant art of hand lettering and will provide a great opportunity for maintenance and review for previous students as well. Participants will learn and practice the rules of letter construction, spacing, and flourishes, as well as how to develop skills through the use of tools, materials, and techniques. Finding the best pens, inks, and papers to use will be discussed, as will the practical uses for calligraphy and good reference books. All materials provided.

**Thursdays**
February 7th + May 2nd
328 O.D Smith Hall
Kate Gwin
**5:30 – 8:00 PM**
$69

Driver’s Education

Develop confidence and skill as a new driver through discussions of driving related topics such as: orientation to the vehicle, traffic laws, street driving, and vehicle efficiency. This course is designed to meet the requirements for driver education instruction as defined by the Alabama Department of Education.

**Wednesday - Sunday**
February 6th to February 10th
March 27th to March 31st
328 O.D Smith Hall
Billy Jones
Times Vary
$199

Flower Lab: A Basic Flower Design Workshop

In this hands-on class, you will learn how to create a beautiful centerpiece and industry tips and tricks for working with flowers and greenery. All supplies will be provided.

**Tuesday**
Holy Trinity Episcopal Church
**April 9th**
**5:30 – 7:30 PM**
Rebecca Nichols
$109/$129 (after March 15th)

Flower Lab: Large Focal Arrangement

**New!** Create the center of attention for any kind of event you may be hosting. Join Rebecca as she walks you through designing and creating your own focal arrangement. Learn industry tips and techniques for large arrangements. All supplies & materials will be provided.

**Tuesday**
Holy Trinity Episcopal Church
**April 9th**
**5:30 – 7:30 PM**
Rebecca Nichols
$109/$129 (after March 15th)

Introduction to Machine Learning and A.I. 101

**Free!** Discover Machine Learning and Artificial Intelligence from a non-technical perspective. Begin by introducing the basic machine learning concepts without using a computer and then move to simple, hands-on computer examples to show how machines are taught to think. Explore compelling examples of how machines learn and give us answers. No programming required to attend - it will all be done for you.

**Thursday**
Davis Hall, TBA
**April 4th**
**5:30 – 7:30 PM**
James Locke
$0

Jam Making 101: Strawberry/Mango

Preserve fresh fruits through the process of jam making. This course teaches you the difference between jam and preserves, provides techniques on how to make both, and offers tips on how to individualize your jam to create your own signature taste. The class is held in a kitchen environment with ample fruits that are ripe for preservation. Because the preservation process involves boiling, cooking temperatures and very hot glass, it is necessary to learn about safety and sanitization. Upon completing this course, you’ll understand how to make several varieties of preserved fruits that will last throughout the season. Each student will get to take home a sampling of each jam/preserve made during class.

**Wednesday**
Holy Trinity Episcopal Church
**April 3rd**
5:30 – 7:30 PM
Dr. Alyssa Ross
$69

Lifeguard Training

This course is designed to satisfy the requirements of the American Red Cross Lifeguard Training Certificate and certify participants as qualified indoor/outdoor poor lifeguards. CPR for the professional Rescuer (CPR/PR) is included as part of this class.

**Monday – Thursday**
James Martin Aquatics Center
**April 1st to April 11th**
5:00 – 8:00 PM
Sarah Stallkamp
$199

Lifeguard Review (Re-certification only)

This course is designed to satisfy the requirements of the American Red Cross Lifeguard Training Certificate and re-certify participants as qualified indoor/outdoor poor lifeguards. CPR for the professional Rescuer (CPR/PR) is included as part of this class. Re-certification must be completed every two years to maintain your certification.

**Saturday and Sunday**
James Martin Aquatics Center
**April 6th and 7th**
10:00 AM to 4:00 PM
Sarah Stallkamp
$99

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**Thursday**
Davis Hall, TBA
**April 4th**
**5:30 – 7:30 PM**
James Locke
$0
## Test Preparation / Medical/Dental Career Preparation

### ACT Blitz (Online and Classroom, three options)
These ACT preparation courses, whether you choose the 16-hour Live-Online ACT Blitz Preparation Course or the traditional classroom format delivered by an expert instructor, will provide students with all the interactivity of a face-to-face classroom experience. This class is designed to provide you with the skills necessary to succeed on the ACT. Live lessons give you the opportunity to participate in class discussions and learning exercises. As an added feature of the online class, each session is recorded so that you can watch and review lessons on your own time (access available 30 days after course end date). Instruction will cover all math and verbal skills needed for success on the ACT exam. Class sessions use actual test questions to show just how skills are tested on the ACT. The online class is offered online using Adobe Connect software. All you need is a high-speed internet connection, speakers or head phones and Adobe Flash Player, which can be downloaded for free. Course materials will be delivered to your home or classroom. We recommend early registration as seats are limited for the classroom class to ensure proper one on one instructional time with each student.

<table>
<thead>
<tr>
<th>ACT Blitz (Classroom)</th>
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<tbody>
<tr>
<td>Sundays</td>
<td>March 17th to April 7th</td>
<td>Davis Hall, TBA</td>
<td>1:00 – 5:00 PM</td>
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<tr>
<td>Tuesdays and Thursdays</td>
<td>January 10th to February 5th</td>
<td>6:00 – 8:00 PM</td>
<td>$499</td>
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<tr>
<td>Sundays</td>
<td>February 17th to April 7th</td>
<td>3:00 – 5:00 PM</td>
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### GRE Test Preparation Courses (Online and Classroom, four options)
Seeking a graduate degree? The GRE revised General Test measures critical thinking, analytical writing, verbal reasoning, and quantitative reasoning skills that have been acquired over a long period of time and that are not related to any specific field of study. The GRE is required for a large variety of masters degree programs.

<table>
<thead>
<tr>
<th>GRE Test Preparation Courses (Online and Classroom)</th>
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<tbody>
<tr>
<td>Mondays and Wednesdays</td>
<td>February 21st to March 19th</td>
<td>Services Hall, TBA</td>
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<td>Tuesdays and Thursdays</td>
<td>March 21st to April 16th</td>
<td>6:00 – 9:00 PM</td>
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### GMAT Test Preparation Courses (Online only, three options)
Considering an MBA? Let us help you get into the program of your choice. The GMAT is the preferred exam for many top-ranking full-time and part-time MBA programs. Our professional instructors will help you understand each section of the GMAT, dissect each item type, and develop a comprehensive plan for test success.

<table>
<thead>
<tr>
<th>GMAT Test Preparation Courses (Online only, three options)</th>
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<tr>
<td>Thursdays and Saturdays</td>
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<td>Services Hall, TBA</td>
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<td>Tuesdays and Thursdays</td>
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<td>Tuesdays and Thursdays</td>
<td>March 21st to April 16th</td>
<td>6:00 – 9:00 PM</td>
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### LSAT Test Preparation Courses (Online and Classroom)
The LSAT is a paper-based standardized exam that is administered four times per year. Our LSAT Test Preparation Courses are precisely scheduled to make sure students reach test day performing at their peak. Take the mystery out of the LSAT and get the tools you need to succeed on test day.

<table>
<thead>
<tr>
<th>LSAT Test Preparation Courses (Online and Classroom)</th>
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<tr>
<td>Mondays and Tuesdays to Thursdays</td>
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<td>Services Hall, TBA</td>
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<td>Tuesdays and Thursdays</td>
<td>March 21st to April 16th</td>
<td>6:00 – 9:00 PM</td>
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### Clinical Medical Assistant Program
This program prepares students to assist physicians by performing some clinical functions of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, pharmacology, taking and documenting vital signs, technical aspects of phlebotomy, the 12-lead EKG and the cardiac life cycle. Program also includes an optional clinical externship at a local healthcare provider.

| Tuesdays, Thursdays and (6) Saturdays | 6:00 – 9:00 PM | Haley Center, TBA | March 5th to June 20th | Condensed Curriculum International | $2,599 |

### Dental Assisting Program
This course prepares students for entry level positions as a chair-side dental assistant. The history of dentistry, introduction to the dental office, the legal aspects of dentistry, oral anatomy, dental operatory, tooth structures, primary and permanent teeth, the oral cavity, and other areas will be covered. A clinical externship at a local healthcare provider is offered.

| Mondays and Wednesdays | 6:00 - 9:00 PM | Haley Center, TBA | March 18th to May 20th | Condensed Curriculum International | $1,199 |

### Medical Billing and Coding Program
This billing and coding program delivers the skills students need to solve insurance billing and coding problems. It details proper assignment of codes and the process to file claims for reimbursement. With the transition to ICD-10, effective as of October 1, 2015, this course also provides training in ICD-10-CM.

| Mondays and Wednesdays and (2) Saturdays | 6:00 - 9:00 PM | Haley Center, TBA | March 4th to May 22nd | Condensed Curriculum International | $1,899 |

### GRE and GMAT Strategy Workshops (Online and Classroom)
**Free!** Join us for an informative introduction to the revised GRE/GMAT. If you are preparing for graduate school, you know that success on the GRE/GMAT exam will play a critical role in your acceptance into the program of your choice. You want to study with the best. Come meet with our experienced instructor to learn about the test and pick up a few tricks. We know you’ll get a lot out of this free session. Due to limited space, pre-registration is encouraged.

<table>
<thead>
<tr>
<th>LSAT Strategy Workshop (Online and Classroom)</th>
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<tr>
<td>Tuesdays and Thursdays</td>
<td>January 24 to February 19th</td>
<td>Services Hall, TBA</td>
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<tr>
<td>Saturdays</td>
<td>February 23rd to May 11th</td>
<td>Michael Cielinski</td>
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</table>

### Graphic Design: Up and Running on Photoshop CC
**New!** In this online, hands-on course, we will work through examples of real-world creative challenges you will encounter as you learn to master Adobe Photoshop CC. Using the Creative Cloud, we will start from the basics and work up to more challenging and exciting techniques. You’ll learn about adjusting colors, masking, retouching, and manipulating images. As a graphic designer, you will learn what it takes to work efficiently and effectively, gaining the skills needed to add Photoshop into your creative toolkit.

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<tr>
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<tbody>
<tr>
<td>Tuesdays and Thursdays</td>
<td>March 4th to March 29th</td>
<td>Online</td>
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### Graphic Design: Mastering Adobe Illustrator
**New!** Adobe Illustrator is the designer’s essential tool for creating vector logos, professional type effects, maps, diagrams, illustration and more. Understand the unique features of Illustrator, the difference between vector and raster graphics and how to create complex graphics with simple components and selection tools. Learn lines and shapes, using the live trace, type basics, gradients, using layers, transparency and exporting images to EPS and PDF, and discover high quality drawing and digital illustration.

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<tr>
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<tbody>
<tr>
<td>Tuesdays and Thursdays</td>
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## Legal/Career Preparation

### Paralegal Certificate Course (Two options)
This intensive, nationally acclaimed program is designed for beginning and advanced legal workers. Training includes instruction on how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. Instruction is practice-oriented and relates to those areas of the law in which paralegals are most in demand. There are no prerequisites other than a high school diploma or GED, but students must be prepared to complete a significant amount of homework each week. This program can help students increase their office’s efficiency, productivity and billable hours, as well as learn new marketable job skills.

#### Paralegal Certificate Course

<table>
<thead>
<tr>
<th>328 O.D. Smith Hall</th>
<th>9:00 AM – 5:00 PM</th>
<th>Saturday/Sunday</th>
<th>January 12th to February 17th</th>
<th>Kelly Ard</th>
<th>$1,395</th>
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<tr>
<td>328 O.D. Smith Hall</td>
<td>9:00 AM – 5:00 PM</td>
<td>Saturdays</td>
<td>February 23rd to May 11th</td>
<td>Michael Cielinski</td>
<td>$1,395</td>
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### Personal Branding for Professionals (Four Options)
Personal Branding for Professionals is a 5-module online course designed to assist professionals of any industry or background in discovering who they are as a professional; communicating their experience and skill set; and marketing their abilities experience skills, and strengths through a resume, cover letter and online profiles.

<table>
<thead>
<tr>
<th>Personal Branding for Professionals</th>
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<tbody>
<tr>
<td>Eloise Stewart</td>
<td>January 8th to April 30th</td>
<td>Online</td>
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### Graphic Design: SHRM CP/SCP Test Prep

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<tr>
<th>SHRM CP/SCP Test Prep</th>
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<tbody>
<tr>
<td>Enroll Now for Spring!</td>
<td>Auburn University Test Preparation</td>
<td>$199</td>
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Follow us: @AUCmyCourses

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<tr>
<th>REGISTER NOW!</th>
<th>Auburn University Test Preparation</th>
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<tbody>
<tr>
<td>334.844.3197</td>
<td><a href="mailto:Ibrantly@auburn.edu">Ibrantly@auburn.edu</a></td>
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### Emergency Management

**Designated to meet the specialized needs of:**
- Governmental Managers and Leaders
- Elected Officials
- Public Safety and Governmental employees
- Private and Non-Profit Sectors
- Faith-Based Organizations
- Disability Organizations
- Businesses
- General Public

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<tr>
<th>Contact Information</th>
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<tr>
<td>334.844.5100</td>
<td>Auburn University Test Preparation</td>
<td>$199</td>
</tr>
<tr>
<td>auburn.edu/outreach/opce/emergencymgmt</td>
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</table>
American Sign Language I
Begin signing in a conversational way in this introductory course to American Sign Language (ASL). Discover the ASL alphabet, numbers, people, places, and everyday vocabulary related to emotions, foods, colors, time and calendars. Participants will learn sentence structure and techniques required to comfortably express and receive messages in American Sign Language.
Tuesdays
January 22nd to February 26th
328 O.D. Smith Hall
Benje Estes
$89

American Sign Language II
This follow-up course to ASL Level I is designed to cover more advanced conversation skills. Students will be encouraged to communicate in a more abstract way, considering the environment outside of the classroom and mastering a higher level of signing by describing past and present events.
Tuesdays
March 5th to April 16th
328 O.D. Smith Hall
David Gregory
$79

Basic Conversational Spanish
Gain an introductory knowledge of the Spanish language by learning basic vocabulary, pronunciation, verb tense and sentence structure. Use everyday words and phrases to begin conversing in the language spoken by millions of people around the world. The class includes basic listening, writing and speaking activities and uses basic technology to help enhance your learning. Course instructor David Gregory has taught Spanish for 11 years.
Thursdays
April 4th to April 25th
328 O.D. Smith Hall
David Gregory
$79

Intermediate Conversational Spanish
This course will build upon lessons and concepts learned in Basic Conversational Spanish. You will learn intermediate concepts in Spanish and strategies for enhancing your conversational abilities. The class will include intermediate listening, writing and speaking activities. Basic technology will be used to enhance your learning.
Thursdays
May 2nd to May 23rd
328 O.D. Smith Hall
David Gregory
$69

Basic Floral Design
Discover the basics of flower arranging for your home, gift giving and special events. Learn the elements of design, container and material choices to help when shopping for flowers. Master the mechanics of using floral foam, tape, wire and picks for your own floral design needs. Gain money-saving tips for flower choices, care and cutting. Complete an arrangement to take home from each class. A list of required materials will be provided in the first class.
Tuesdays
April 2nd to April 23rd
160 Funchess Hall
Instructor TBA
$69

Beginning and Intermediate Acrylic Painting
Create lovely works of art as you navigate the basics of color theory, composition and design. Discover the joy of working with acrylics as you explore various mixing and application techniques. Work from a still-life or your imagination. Beginners to intermediate will gain dexterity in brush work and paint application. No matter your ability you'll push this medium to its limits and experience the fun, ease and lack of boundaries this course offers. Materials required.
Saturday
February 23rd
126 Biggin Hall
Cynthia Golden Frasier
$89

Novel Writing (Two options)
Join a constructive, fun-filled forum that will stimulate creativity. The class is taught by a published novelist and award-winning author. Organize that great novel that has been floating around in your head and put it on paper. Learn about plot, style, mechanics, and other essentials. Peer critique and encouragement are wonderful features of the class.
Mondays
January 28th to March 18th
328 O.D. Smith Hall
Larry Williamson
$79

Novel Writing Yearly Pass
Take advantage of this special offer to save money and invest in your future publication, students are also eligible to enroll in “Fiction and Creative Nonfiction Writing Workshop” as well. Limit of two writing classes per term, four per year.
Mondays
January 28th to November 18th
328 O.D. Smith Hall
Larry Williamson
$249

Photography: Basic Digital
Use your digital camera like a pro and forever transform your photography. This introductory course teaches basic camera operation, fundamentals of exposure and composition. Understand how to use correct camera settings for the best results. The only requirement is a digital SLR camera with changeable lenses. Classroom instruction is designed for adults and includes a field trip.
Thursdays
February 28th to March 28th
328 O.D. Smith Hall
John Rhodenizer
$89

Pottery Techniques and Skills (Two options)
Become familiar with a variety of pottery techniques. Learn to throw clay and create functional pottery. Clay and firing costs are included in the course fee. Students should bring a one-gallon bucket and a packet of clay tools to the first class meeting (tools may be purchased at most bookstores in Auburn for about $15).
Tuesdays and Thursdays
February 5th to March 7th
3-D Arts Studio
Po Wiese
$169

Pragmatic Tea Practices for Productivity
Tea has been used for thousands of years as a beverage, medicine, and status symbol. This course will discuss the use of tea as a productivity tool and the benefits it has over coffee and other stimulants. Learn how to boost your cognitive functions by mixing different types of tea, how to quickly prepare your tea in the office or when you're traveling, and more. All participants will receive a tea goody bag including sample tea blends available nowhere else.
Thursday
January 31st
328 O.D. Smith Hall
TJ Nguyen
$39

Sketching Downtown: Auburn Historical Landmarks
Auburn is a town that is changing and evolving right before our eyes. You will travel to an iconic location (announced before class) - such as Toomer's Corner, Samford Hall or Jordan-Hare Stadium to create a rendering of your favorite landmark. Don't miss out on this great chance to conceptualize the history of this town in a black and white sketch.
Saturday
April 13th
126 Biggin Hall
Cynthia Golden Frasier
$79

Watercolor + Drawing Crash Courses
This half-day workshop requires no drawing or painting skills. Led by an experienced watercolorist, you'll get to work mixing colors and applying basic watercolor techniques on an original drawing created for you. In just a few hours you will create your very own painting to take home. You can expect plenty of individual attention and instructor-led demonstrations that will walk you step-by-step through the entire painting process. You will be amazed what you can accomplish!
Subject: Seascapes
January 26th
February 2nd
Brenda Stevens
$69

Subject: Drawing Workshop
March 23rd
126 Biggin Hall
Brenda Stevens
$69

Request a Course!
Don't see a course here that you would like us to offer? Let us know! Please contact Mark Lipscomb (mark.lipscomb@auburn.edu or 334-844-3100) to request a course or recommend an instructor.
Applications of Machine Learning and A. I. 101
The highlights of the course will be exploring some of the very compelling ways ML and AI are being used to solve wildly complex problems, to diagnose illnesses before they’re actually illnesses, to create artistically and to predict how we would handle mundane daily tasks and do some of those for us, participants will use their own laptops to engage in ML exercises-without programming-to gain knowledge and confidence in applying the available ML and AI tools to their own work and interests.

Saturday April 13th
2237 Haley Center
James Locke
$79

Basic Handgun Safety
Learn the rules of safe gun handling/shooting; fundamentals of marksmanship; and laws pertaining to ownership, transportation, and use of handguns facilitated by the Lee County Sheriff’s Office. You must bring proof that you are at least 21 years of age. *Fee covers hearing protection, eye protection and range costs. If you are considering a firearm purchase, information on permits will be provided as part of the class. Those who do not have firearms are not required to purchase them before the class. Information about purchasing these items, including a discussion of the type of handgun for your particular needs, will be provided. If you already have a firearm, please bring permit. You do not need a gun or permit to take this class.

Tuesday, Thursday, Saturday
January, February, March, April TBA
Lee County Sheriff's Office
6:30 – 8:30 PM (Tuesday/Thursday)
8:00 AM – 11:00 AM (Saturday)
$89

Belly Dance Basics
In this beginner-level course, we will break down the foundational moves of Middle Eastern dance and learn to string them together with graceful transitions to create fun, dynamic combinations. From slow, gooey torso moves to sharp hip accents and traveling steps, this course will have you dancing in no time.

Wednesdays
January 9th to January 30th
Rising Starzs Performing Arts Center
6:30 – 7:30 PM
Jennifer Mason
$59

Cyber Security Basics
Cyber threats to our personal and professional computing habits are everywhere today and constantly evolving, but you don’t have to be hopeless. There are actions you can take today that will block most cyber-crooks from wreaking havoc on your identity and your finances, and you don’t need to be a technology expert to do so. This workshop will teach you the 10 major identity theft threats you face and the actions you can take to stay safe including: 4 ways to protect your wireless network from hackers, the 10 second email rule that will stop phishers in their tracks, and the one thing all security experts do to maintain a safe and secure online experience.

Wednesday
February 27th
328 O.D. Smith Hall
Fred Middleton
$49

Dancing: Foxtrot and Rumba
The Foxtrot is one of the smoothest of the American smooth dances. Upright posture and flowing patterns makes this dance perfect for smooth ballads at modest speed music. This dance is consistently danced at social dances. The Rumba, while a Latin dance, is smooth and slow, but with Latin motion. Basic structure is a box, similar to waltz, but the contrast of the snap quick fast body movements with the stretching out of the slow body movements, make this fun to do and fun to watch.

Mondays
January 28th to February 25th
Rising Starzs Performing Arts Center
7:00 – 8:00 PM
Cody Foote
$99

Dancing: Waltz and Cha-Cha
The Waltz is everybody’s favorite “slow” and romantic dance. Done in three-quarter time, this dance provides for easy turns and movement in box and progressive patterns. This is a favorite dance at weddings, special events and at regular social dances. Cha-Cha is one of the spicier of the Latin dances. The structure of the dance allows great freedom in body motion i.e.-Latin motion, and color and flair in turns and spins. It is one of the favorite “four” at social dances.

Mondays
March 18th to April 15th
Rising Starzs Performing Arts Center
8:00 – 9:00 PM
Cody Foote
$99

Fly Fishing
Fly fishing is perhaps the most intriguing segment of sport angling. Explore fly fishing for local warm water species, stream and river cold water species and salt water. Practice fly selection, knot tying, fly casting, fish finding, fly presentation and fish fighting. Acquire new skills in the classroom and apply them on the water during the last class. Students 13 years of age and older are welcome (ages 18 and under must be accompanied by a parent). Course is led by a professional fly fishing guide/instructor who is a Federation of Fly Fishers Certified Casting Instructor.

Tuesday, Thursday, Saturday
April 9th to April 13th
160 Funchess Hall
6:00 – 8:00 PM
Paul Hudson
$69

Investment Basics for Today’s Economy
This course is designed to introduce the novice and the experienced investor to investment vehicles and their relation to market indices and the economy. The instructor will start with the basics, covering specific types of investments commonly used, how they work, and the pros/cons of using each. Additionally, both the logical and emotional aspects of investing will be discussed along with ways to avoid common investment mistakes.

Tuesdays
May 7th
Davis Hall, TBA
6:00 PM – 9:00 PM
Allen Taylor
$49

Investments: Beyond the Basics
This course is designed to pick up where Investment Basics left off. Students will take a more in-depth look at stocks, bonds, mutual funds, and derivative investments vehicles and how those work. No investors can gain a more comprehensive understanding of how to utilize these various investments within their portfolios and how they are impacted by market indices and the economy. During the course, the instructor will discuss how to judge and grade an investment with the appropriate index and how to build a quality, balanced portfolio that reflects an individual’s risk tolerance and expected level of return. Analyzing and evaluating existing portfolios will also be covered.

Thursday
May 9th
Davis Hall, TBA
6:00 PM – 9:00 PM
Allen Taylor
$49

Savvy Social Security and Medicare Planning
Medicare can be challenging and its choices today have become even more complicated. Deciding how to receive your Medicare benefits will change your overall health insurance portfolio, giving you more complex choices to make. Making sense of Medicare and its parts is the first step. This course will help you decipher the Medicare alphabet. Discuss what is covered under Medicare Part A and Part B; know the difference between Medicare Part C and Medicare Supplements: and be able to confidently choose how you receive your Medicare benefits. This course is intended for educational purposes. Student materials included. Bring your spouse at no additional charge.

Tuesday
March 12th
328 O.D. Smith Hall
Fred Middleton
$49

Shortcuts to Healthy Living: Diet and Wellness for the Working Professional
We all know that we should pay more attention to our health and diet, but who has time for that with all the other responsibilities life throws at us? This class will teach you how to care for mental and physical health without requiring you to turn your life upside down. Need to lose weight, want to have more energy, or reduce chronic pain? This short course is perfect for you.

Thursday
February 7th
328 O.D. Smith Hall
TJ Nguyen
$39

Social Media Marketing Strategy for Small Businesses
Social media is absolutely essential for marketing exposure, brand awareness and revenue growth. These channels often present easy, inexpensive, effective and near instantaneous mechanisms to spread the word about your small business. Unlike traditional marketing, social media requires a different and varied approach. Our session covers the fundamentals as well as how to leverage these outlets to accomplish your strategic goals. Key elements include audience building, content development, brand promotion, website traffic management and customer engagement. The course will focus primarily on the three most popular social networking websites: Facebook, LinkedIn, Twitter.

Saturday
February 23rd
2237 Haley Center
Dr. Courtney Teague
9:00 AM – 12:00 PM
$69

Water Aerobics (Low-Impact Conditioning)
Shallow water or deep water workout! This program is good for the aerobic enthusiast or for those beginning a water rehabilitation regimen. Floatation equipment is available for participation in deep water. Non-swimmers are welcome and should find that they are quite confident with floatation equipment.

Water Workout 1
Monday, Wed., Friday
January 9th to May 17th
James Martin Aquatics Center
7:45 – 8:45 AM
Margaret Plot
$199

Water Workout 2
Tuesdays and Thursdays
January 8th to May 16th
James Martin Aquatics Center
7:45 – 8:45 AM
Sandra Lane
$149

Enjoy an additional $30 in savings by signing up for the yearly pass! Classes run January 8th through December 17th.