Auburn University Outreach: Office of Professional and Continuing Education  
2017 Fall Semester Community Course Guide:

Social Media Marketing Strategy for Small Businesses  
NEW! 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, Linked In, Twitter.

Saturday, November 4th 10:30 AM – 1:30 PM  
153 Lowder Hall  
Dr. Courtney Teague Fee $49

Advanced Social Media Marketing Strategy for Long Term Success  
NEW! Are you ready to take your small business viral? Harness the robust power of social media with our in-depth and extensive social media course. You will learn how to monitor your competition, listen to your customers and identify influencers. You will also learn how to run social media contests to raise interest and other methods to drive new customers to your business.

Saturday, December 2nd 10:30 AM – 1:00 PM  
153 Lowder Hall  
Dr. Courtney Teague Fee $49

Belly Dance Basics  
NEW! Updated Format and Lesson Plans! 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, regardless of previous dance experience.

Wednesdays, October 4th to November 1st 6:30 – 7:30  
Rising Starz Performing Arts Center
Jennifer Mason Fee $59

Dancing: East Coast Swing
NEW! Updated Format and Lesson Plans! This five-week class will feature East Coast Swing for couples. Originally called the ballroom triple swing, this dance is a high energy, fast moving dance with lots of spins and turns - all in colorful interactive patterns. It is the most danced of any dance at all social dances. The East Coast Swing almost always stimulates a little finger snapping, hand clapping and toe tapping action. You must register as a couple for this class. Call 334-844-5100 to register.

Mondays September 25th – October 23rd
Rising Starz Performing Arts Ctr. 8:00 – 9:00 PM
Wayne Foote Fee: $99/couple

Dancing: Foxtrot and Rumba
NEW! Updated Format and Lesson Plans! This five-week class will feature the Foxtrot and Rumba for couples. The Foxtrot is one of the smoothest of the American smooth dances. Upright posture and flowing patterns make 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 a waltz, but the contrast of the snap quick fast body movements with the stretching out of the slow body movements, makes this fun to do and fun to watch. You must register as a couple for this class. Call 334-844-5100 to register.

Mondays October 30th to November 27th
Rising Starz Performing Arts Ctr. 8:00 - 9:00 PM
Wayne Foote Fee: $99 / couple

Dancing: Waltz and Cha Cha
NEW! Updated Format and Lesson Plans! This five-week class will feature the Waltz and Cha-Cha for couples. 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. You must register as a couple for this class. Call 334-844-5100 to register.

Mondays September 25th – October 23rd
Rising Starz Performing Arts Ctr. 7:00 - 8:00 PM
Wayne Foote Fee: $99 / couple

Pragmatic Tea Practices for Productivity
NEW! 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 October 19th
328 O.D. Smith Hall 6:00 – 7:15 PM
TJ Nguyen $39

Bread Making Basics
NEW! Learn secret baking tips to start perfecting your own homemade bread. Bread making can be a complicated process with many variables where minor mistakes can lead to a poor result. Come learn techniques from an expert bread baker who has perfected her recipe over the years. Each student will take home a loaf to bake that same night! Sign-up early! Each class is limited to 5 students.

Saturday December 9th
108 O.D. Smith Hall Kitchen 10:00 AM to 11:30 AM
Nancy Tilton Hand Fee $39

ACT Blitz Courses
These ACT preparation courses, whether you choose the 16-hour Live-Online ACT Blitz Preparation Course or the traditional classroom format, are both delivered by an expert instructor which will provide students with all the interactivity of a face-to-face classroom experience no matter which format you choose. 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.

ACT Blitz (Online)
Tuesdays and Thursdays September 28th - October 24th
Tuesdays and Thursdays November 2nd - December 5th
All class times 5:00 PM – 7:00 PM (CST)
Fee $449

ACT Blitz Fall Session I (Classroom)
Sundays October 1st to October 22nd
3324 Haley Center
1:00 PM – 5:00 PM (CST)
Fee $449

ACT Blitz Summer Session II (Classroom)
Sundays, November 5th – December 3rd
3324 Haley Center
1:00 PM – 5:00 PM (CST)
Fee $449

**GRE Test Preparation Courses**

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 master’s degree and doctoral degree programs. Master’s in Education (ME), Social Work (MSW), Nurse Practitioner (NP), Business, and Public Administration programs often require or accept the GRE exam.

GRE Test Preparation Course (Classroom)
Mondays and Wednesdays November 20th to October 18th
6:00 – 9:00 PM (CST)
Haley Center, Room 3212
Fee $749

GRE Test Preparation Course (Online, 2 offerings)
Mondays and Wednesdays September 13th to October 9th (Session I)
Tuesdays and Thursdays October 24th to November 16th (Session II)
All Course Times: 6:00 – 9:00 PM (CST)
Fee $749

**GMAT Test Preparation Courses (Online only)**

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 day success.

Tuesdays and Thursdays September 14th to October 10th (Session I)
Mondays and Wednesdays October 19th to November 13th (Session II)
All Course Times: 6 PM – 9 PM (CST, Online)
LSAT Test Preparation Courses
The LSAT is a paper-based standardized exam that is administered four times per year. Our LSAT Test Prep 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!

Sundays, Tuesdays and Thursdays, August 17th to September 10th (Session I)
Tuesdays and Thursdays, October 19th to November 28th (Session II)
All Course Times: 6 PM – 9 PM (CST, Online)

Fee $799

Clinical Medical Assistant Program
This program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. Students are trained to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy and the cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper use and administration of medications, taking and documenting vital signs, cardiology including proper lead placements, a professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 140 hours of classroom lecture, hands on labs and a 160-hour clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the 140-hour program, submit to a thorough background check, drug screening and meet other requirements. Note: Upon successful completion of this program, students would be eligible to sit for the National Health Career Association (NHA) Certified Clinical Medical Assistant (CCMA) national examination.

Tuesdays, Thursdays and some Saturdays October 3rd to January 30th
Saturday Dates: Please call 334-844-5100 for full listing of Saturday meeting dates
Class Times: Tuesdays and Thursdays from 6:00 – 9:30 PM (CST)
Saturdays from 9 AM to 4:30 PM (CST)
Haley Center, Room 3204
Fee $2,599 (Textbooks included)

Dental Assisting Program
The 60-hour Dental Assisting Program prepares students for entry level positions in one of the fastest growing health care positions – Dental Assisting. The purpose of this course is to familiarize the student with all areas of pre-clinical dental assisting and provide training in the professional skills required to function as an assistant in the dental practice. This course covers the following key areas and topics – Administrative Aspects: the history of dentistry and dental assisting; introduction to the dental office;
the legal aspects of dentistry; policies and guidelines. Clinical Aspects: introduction to oral anatomy; dental operatory; dental equipment, introduction to tooth structure; primary and permanent teeth; the oral cavity and related structures; proper patient positioning; dental hand-pieces; sterilization; and other areas. In addition to entry-level administrative jobs, this course is ideal for students interested in pursuing a future formal Dental Hygienist program.

Mondays and Wednesdays October 9th to December 6th

2334 Haley Center 6:00 - 9:30 PM (CST)

Fee $1,199 (Textbooks included)

**Medical Billing and Coding Program**

This combined 80-hour billing and coding course offers the skills needed to solve insurance billing problems, file claims manually (using the CPT and ICD-10CM, ICD-10PCS and/or the ICD-9 manual), complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields (such as surgery, radiology and laboratory), ICD-10 and ICD-9 (Introduction and Guidelines) and basic claims processes for medical insurance and third party reimbursements. Students will learn how to find the service and codes using manuals (CPT, ICD-10CM/PCS or ICD-9). Note: After obtaining the practical work experience (6 months to 2 years), students who complete this course could be qualified to sit for the American Academy of Professional Coders (AAPC) - Certified Professional Coder Exam (CPC or CPC-H Apprentice); the American Health Information Association (AHIMA) Certified Coding Associate (CCA) exam; and/or other National Certification Exams.

Mondays, Wednesdays and some Saturdays October 2nd to December 16th

Saturday Dates: Please call 334-844-5100 for full listing of Saturday meetings

Class Times: Mondays and Wednesdays from 6:00 – 9:30 PM (CST)
Saturdays from 9:00 AM to 3:00 PM (CST)

3182 Haley Center

Fee $1,899 (Textbooks included)

**Paralegal Certificate Course**

This intensive, nationally acclaimed program is designed for beginner 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. The required books for this class are sold separately, and the approximate cost is $450.

Sundays September 10th to December 3rd

328 O.D. Smith Hall
9:00 AM – 5:00 PM $1,289

Michael Cilenski

Wednesdays and Fridays September 6th to December 15th

328 O.D. Smith Hall

5:00 PM – 9:00 PM $ 1,289

Dusty Farned

(Ace Your Interview) Basic Interview Techniques and Strategies
Nervous about an upcoming interview? Relax, and join us for Ace Your Interview. Discover powerful techniques and strategies that will keep you calm during even the toughest interview. Learn to prepare for the interview, build rapport with interviewers, interpret non-verbal language, manage difficult questions, follow up like a pro and much more!

Wednesday November 29th

153 Lowder Hall 5:30 – 8:30 PM

Nancy Tilton Hand $ 49

The Fine Art of Networking
Do you feel awkward or panicky when faced with the prospect of cultivating new contacts? Discover how to approach the process with ease and get more out of your networking practice. The techniques you will learn yield consistent and reliable results and include networking preparation, making the first move, building rapport, leaving the conversation (even when it’s great!) and how to follow-up – the key to effective networking.

Tuesday November 28th

153 Lowder Hall 5:30 – 8:30 PM

Nancy Tilton Hand $ 49

(Plan to Succeed with Time to Spare) Planning and Time Management
If you’re overwhelmed or always cutting it close, learn to get ahead of the game and manage your time like a champ. Create a framework and time management system that works for your unique situation, and discover techniques that you can use immediately to establish and prioritize goals, focus amid distractions, create workable timelines, develop benchmarks and fully enjoy downtime.

Thursday November 30th

153 Lowder Hall 5:30 – 8:30 PM

Nancy Tilton Hand Fee $ 49
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 September 26th – October 17th
160 Funchess Hall 6:00 – 8:00 PM
Ginger Purvis Fee $69

Calligraphy: Modern Brush Lettering
This class introduces 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.

Saturday November 18th 1:00 – 4:00 PM
153 Lowder Hall
Kalli Kenney $49

Drawing Crash Course
This half-day drawing workshop will open your eyes to a new way of seeing the world around you as you discover the skill of observation. Learn how the act of drawing can become a time of meditation. Explore traditional approaches to drawing; understand the difference between viewpoint and focal point, the importance of shading to create the illusion of depth and use basic shapes to construct a complex subject. Materials provided; no previous drawing skills necessary.

Saturday October 28th
126 Biggin Hall 12:30 - 4:30 PM
Brenda Stevens $69

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. Materials provided.

Tuesdays and Thursdays September 12th to September 28th
Introductory Music Workshops

Instruments can be a large investment for the uncertain novice. Try before you buy in these preview courses for prospective musicians or parents looking to introduce the world of music to a beginner student. Students 18 or under must be accompanied by a parent or guardian.

Instrument Preview Workshops

Spicer’s Music: 2140 E University Dr, Suite K, Auburn, AL 36830

Tuesdays December 5th - December 19th

All class times 6:30 – 7:30 PM

Tim Spicer

Class Schedule:

December 5th: Introductory Ukulele Workshop

December 12th: Introductory Guitar Workshop

December 19th: Introductory Bass Guitar Workshop

Making Mandalas

Mandalas are an easy to learn method of creating beautiful images from repetitive patterns. It is fun, relaxing and anyone, regardless of experience, can use it to create beautiful and unique pieces of art. No art experience required. The Mandala Method is enjoyed by a wide range of ages and skill levels across the world. During this two-hour introductory course, you will be introduced to the Mandala method and how to start creating your own from start to finish.

Saturday December 2nd

328 O.D. Smith Hall 1:00 – 3:00 PM

Stacy Smith Lipscomb $39

Novel Writing

Here is everything you need to develop the novel you have always wanted to write. Led by an experienced, published author, this step-by-step course will uncover the approach for putting your unwritten novel on the road to publication. It’s time to start a new novel, finish one that’s simmering or edit a first draft.

Mondays October 16th – December 4th

328 O.D. Smith Hall 6:00 - 8:00 pm

Larry Williamson $79
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    September 14th – October 12th
328 O.D. Smith Hall    6:30 - 8:30 PM
John T. Rhodenizer    $89

Photoshop: Getting the Picture You Want from the Picture You Took
Make your digital photos better with this introduction to Adobe Photoshop tools. In this hands-on class, you’ll work on Adobe’s CS5 platform to learn how to remove red eye, fix scratches, adjust exposure and color, retouch and resize your pictures, create collages and design your own photo greeting cards and announcements. Basic computer skills required. Course resources can be found at www.shortcourses.com/store/pscs.html

Thursdays    October 25th – November 16th
3130 Haley Center 6:30-8:30 PM
John T. Rhodenizer $99

Pine Needle Basketry Workshop
NEW! Would you like to be able to serve homemade rolls in your own handmade basket? You will start with a wooden bottom and pine needles, and end up with a basket of your own design. The method taught in this class is the fastest way to complete a basket with beautiful results. A supply list, consisting of items you may already have, will be sent to you once you register for the class. A bundle of pine needles and wooden bottom will be available from the instructor.

Saturday September 9th
328 O.D. Smith Hall  9:00 AM – 2:30 PM
Talitha Norris $49

Pottery Techniques and Skills
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   October 17th – November 16th
3-D Arts Studio 6:30-8:30 PM
Po Weise $169
Watercolor Crash Courses

This half-day workshop for beginners 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 own painting to take home. You can expect plenty of individual attention and instructor-led demonstrations will walk you step-by-step through the entire painting process. You will be amazed what you can accomplish! Materials provided.

Watercolor Crash Course Subject: Silver Maple
Saturday October 21st 12:30 - 4:30 PM
126 Biggin Hall
Brenda Stevens $69

Writing Short Stories

NEW! Come and learn how to turn your dream of becoming a freelance fiction writer into a reality. Are you an aspiring writer who does not know how to get started? Here is a roadmap to show you, step-by-step, how to find ideas, edit, market and publish. The instructor has been publishing short stories for forty years and has won a number of short story contests and she writes a weekly newspaper column.

Mondays September 11th - October 9th
328 O.D. Smith Hall
Mary Adams Belk $69

Zentangle® Basics

Zentangle® is an easy to learn method of creating beautiful images from repetitive patterns. It is fun, relaxing and anyone, regardless of experience, can use it to create beautiful and unique pieces of art. No art experience required. The Zentangle® Method is enjoyed by a wide range of ages and skill levels across the world. During this two hour introductory course you will be introduced to the Zentangle® Method, discover at least eight basic tangles and complete at least one tile in a fun, relaxed atmosphere.

Saturday November 11th
328 O.D. Smith Hall 1:00 – 3:00 pm
Stacy Smith Lipscomb $ 39

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.
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, consider the environment outside of the classroom and master a higher level of signing by describing both past and present events.

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.

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. We will use some basic technology to help enhance your learning. Your instructor, David Gregory, has taught Spanish at Smith’s Station High School for 11 years.

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, including Boating Safety.
Excel for the Novice User

Excel is the most used spreadsheet and analysis application today. This course introduces basic Excel 2013/2016 features such as entering various types of data, working with formulas and functions, and creating simple charts. Formatting a worksheet, importing data, and exploring Excel templates are also covered. Although this workshop is intended for the spreadsheet novice, participants with some previous spreadsheet experience will also gain a better understanding and learn some new shortcuts to increase their efficiency in using Excel. Attendees will learn about the toolbars and gain in depth information about the pull down menus. Target: New Excel Users.

Thursday, October 12th

328 O.D. Smith Hall 5:30 – 8:30 PM

Audrey Marshall $69

Excel Tips and Tricks

Participants can expand their understanding of how to use Excel 2013/2016 to create simple yet powerful spreadsheets. This hands-on course will place emphasis on Excel shortcuts, printing options, editing and formatting, formulas, functions and producing charts. Time will also be devoted to linking multiple worksheets and analyzing data for business or personal use. It is essential to be familiar with the basic features of Excel and concepts of spreadsheets to take this class. Target audience: Experienced Excel Users.

Thursday, October 19th

328 O.D. Smith Hall 5:30 – 8:30 PM

Audrey Marshall $59

Common Sense Wisdom: Being Your Own Career and Life Coach

A little common sense wisdom goes a long way in helping to understand life transitions, challenges and changes either planned or unplanned that all must face from time to time. The goal of this workshop is to provide the tools and resources providing motivation and empowerment to become your own career or life coach, leading yourself and those around you through life’s challenges, setbacks, and successes. This 2-hour workshop will guide you through the 6 key elements of success according to Pepper De Callier, world renowned author, award winning consultant and founder of Prague Leadership Institute. You may bring one additional family member to this class for no additional charge, but they must register for the class.

Wednesday, December 6th

328 O.D. Smith Hall 5:30 – 7:30 PM
Take-Home Dog Training Techniques Introductory Needs Assessment

This class will begin to teach you how to properly train, speak and understand your dog. This class is being offered for the instructor to evaluate the needs of your particular animal and to conduct a dog personality test to see if your dog has the temperament to benefit from the full course. Those enrolling in the full course after attending this course are eligible for a repeat discount, please call 334-844-3100 to receive a discount off the full course.

Saturday October 14th
Kiesel Park Main Entrance 9:00 AM – 10:00 AM
Holly Davis Fee $19

Take-Home Dog Training Techniques

This class will teach you how to properly train, speak and understand your dog. In this Take-Home Dog Training Techniques class, you will learn how to teach your dog to sit, down, stay, recall, heel, drop it and leave it. Throughout this class you will also learn about dog body language and how to “read” what your dog is telling you. You will also learn the importance of playing with your dog and how the tone of your voice can affect your dog.

Saturdays and Sundays October 21st to November 5th
Kiesel Park Main Entrance 9:00 AM – 10:00 AM
Holly Davis Fee $59

Essential Oil Safety

There is a lot of conflicting information out there about how to safely use essential oils. Some people are very permissive, believing that authentic, pure essential oils are inherently safe in almost all situations, but what about stories of essential oil use gone wrong? We’ll uncover the truth as we discuss an evidence-based, common sense approach to the safe use of essential oils in this two-hour workshop.

Monday December 4th 6:00 – 8:00 PM
328 O.D. Smith Hall
Laura Weldon Fee $29

Application Methods of Essential Oils

Do you know the many ways to apply and use essential oils? Experience a variety of uses and methods of application in this hands-on workshop. Topics covered include: basic dilution, hot and cold compresses, roller bottles, lotions, sprays, inhalers, diffusion and, for those who desire to use oils internally, the safest methods for doing so.

Monday December 11th 6:00 – 8:00 PM
Handgun Safety Classes
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 course. 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.

Please call 334-844-5100 for updated course dates and times.

Session 1: Sept TBA
Session 2: Oct TBA
Session 3: Nov TBA

Lee County Sheriff’s Office
Classroom Times: Tuesday and Thursday 6:30-8:30 PM
Range Times: Saturday 8:00 AM – 11:00 AM

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. Flotation equipment is available for participation in deep water. Non-swimmers are welcome and should find that they are quite confident with flotation equipment.

WATER WORKOUT 1
Mondays, Wednesday and Fridays September 5th to December 14th
James E. Martin Aquatics Center 7:45 - 8:45 AM
Margaret Plott $169

WATER WORKOUT 2
Tuesdays and Thursdays September 6th to December 15th
James E. Martin Aquatics Center 7:45 - 8:45AM
Sandra Lane $119
Knowledge is Power: Medicare 101

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.

December 2nd

328 O.D. Smith Hall 10:00 AM – 12:00 PM

Melode Thornton Fee $39