

Community Education

Online Classes

April 2020

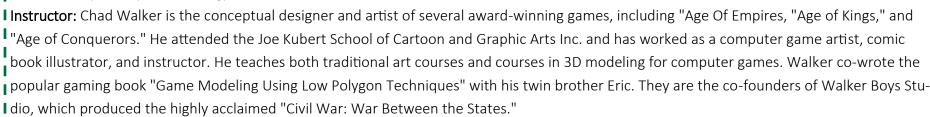


Drawing for the Absolute Beginner

If you've always been interested in drawing but don't really know how get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be!

Technology Requirements: PC or Mac computer

Start Date: April 15 (6 weeks long)



Cost: \$95

Click here to register!



If a member of your family suffered a medical emergency, you could certainly call for trained emergency medical responders, but what would you do while you're waiting for them to arrive? Every second counts during a medical emergency.

Technology Requirements: PC or Mac computer

Start Date: April 15 (6 weeks long)

Instructor: Bryan Scyphers has provided emergency medical care for over 35 years. He also has experience in sports medicine, having worked trainer for the San Francisco Giants and for Virginia Tech's football team. Scyphers holds bachelor's and a master's degrees in education. He has taught pre-hospital emergency medicine at the college level for many years, and has trained hundreds of Emergency Medical Technicians and Paramedics.

Cost: \$95

Click here to register!



Do you want to lose weight and keep it off? Now you can! In this comprehensive course, you'll discover how to establish a healthy approach weight loss and weight maintenance. You'll master how to set and achieve weight-loss and weight-maintenance goals that make sense for you.

Technology Requirements: PC or Mac computer

Start Date: April 15 (6 weeks long)

Instructor: Donna Acosta, RDN, ACE-Certified Health Coach, is a registered dietitian and nutrition educator. Her clinical expertise is in weight management, diabetes nutrition care, and cardiac rehabilitation management. She has developed and taught a hospital- and community-based nutrition programs for a number of clients, including Warner Bros. Studios, Neutrogena, and Fluor-Daniel.

Cost: \$95

Click here to register!



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