



COMMUNITY EDUCATION

ONLINE CLASSES

MAY 2020



INTRODUCTION TO GUITAR

Learn to play guitar, and become the musician you've always wanted to be! In these fun and informative lessons, you'll build basic guitar skills step-by-step with the help of hands-on exercises, audio and video recordings, and detailed illustrations.



Technology Requirements: PC or Mac computer

Start Date: May 13 (6 weeks long)

Instructor: Edward Burns has an extensive musical background as a professional performer, instructor, composer, and recording artist. He has published two guitar methods and composed several guitar technique studies designed to develop specific skills. Burns has also taught guitar and music theory courses for colleges, music academies, and conservatories.

Cost: \$95

[Click here to register!](#)

LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS

Have you ever wished you had a personal chef preparing luscious, low-fat meals for you? This course is the next best thing! You'll learn how to reduce fat in recipes without sacrificing flavor or texture. Explore how to use flavor profiling to expand your culinary horizons. Learn how to prepare casseroles, crock-pot dishes, vegan dishes, oven-fried foods, meat-based meals, and many other entrees that are both nutritious and delicious!



Technology Requirements: PC or Mac computer

Start Date: May 13 (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!](#)

INTRODUCTION TO JOURNALING

If you have ever wanted to try journaling, this course will provide answers to your every question. You will discover the different types of journaling and many journaling techniques, exercises, tools and resources.



Technology Requirements: PC or Mac computer

Start Date: May 13 (6 weeks long)

Instructor: Cheryl Simpson, L.P.C., is a Career Coach and Ohio-licensed Career Counselor with more than 30 years of journaling experience. Simpson is the author of more than 30 articles for both print and Internet media. She also has developed more than 100 journaling exercises and leads journaling workshops and retreats on college campuses, at conferences, in schools, and for religious organizations.

Cost: \$95

[Click here to register!](#)

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