



COMMUNITY EDUCATION

ONLINE CLASSES

JANUARY 2021



LUSCIOUS, LOW-FAT, LIGHTNING-QUICK MEALS

Learn to create delicious and nutritious meals by reducing fat without sacrificing flavor. This course provides tips on menu planning and quicker cooking, and it allows you to try out over 50 exciting lower-fat recipes.

Technology Requirements: PC (Windows 8 or newer) or Mac (OS X Snow Leopard 10.6 or later), Adobe Acrobat Reader, Internet browser (Firefox or Chrome), e-mail address

Start Date: January 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 NATURAL HEALTH AND HEALING

Take charge of your own health and healing by discovering how to achieve total health of the mind, body, and spirit. This course allows you to explore a variety of methods including diet, hydrotherapy, positive attitude, relaxation, yoga, chiropractic, natural remedies and more to achieve total health.

Technology Requirements: PC (Windows 8 or newer) or Mac (OS X Snow Leopard 10.6 or later), Adobe Reader, Internet browser (Firefox or Chrome), Email Address

Start Date: January 13 (6 weeks long)

Instructor: Dawn Lianna is an accomplished event manager, educator, and natural health expert with over 30 years of experience in event management, natural healing, and personal coaching. She is an active, certified coach who integrates alternative health practices and her personal studies of herbology, nutrition, positive thinking, intuition development, acupuncture, and massage in her work and her Introduction to Natural Health and Healing course.

Cost: \$95



[Click here to register!](#)

INTRODUCTION TO QUICKBOOKS ONLINE

Manage the financial aspects of your small business quickly and efficiently using QuickBooks Online. This course will give you hands-on experience recording income and expenses; entering checks and credit card payments; tracking your payables, inventory, and receivables; and much more.

Technology Requirements: PC (Windows 8 or newer) or Mac (OS X Snow Leopard 10.6 or later), Adobe PDF plug-in, Internet browser (Firefox or Chrome), Email Address; When your course starts, you will be directed to access and utilize the free

QuickBooks Online practice site to complete the lesson and assignment steps. You do not need to purchase a subscription or additional software to complete this course. However, please note that this course is suitable only for the QuickBooks Online version. The desktop versions of QuickBooks are not compatible with this course and should not be used.

Start Date: January 13 (6 weeks long)

Instructor: Scott Paxton is a Certified Public Accountant and holds master's degrees in business administration and accounting. His background includes experience as a public accountant, a manager in the banking industry, an entrepreneur and a college business instructor.

Cost: \$95



[Click here to register!](#)

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