WCCC FALL 2020
OPPORTUNITIES FOR LIFELONG LEARNING

COMMUNITY EDUCATION CENTER FALL 2020 COURSE OFFERINGS
coloradomesa.edu/cec

COMMUNITY EDUCATION CENTER
NON-CREDIT COURSES
PAGE 2

WCCC
CREDIT COURSES
PAGE 24
Greetings from Western Colorado Community College (WCCC) and welcome to the Lifelong Learning and Corporate Education program brought to you by the Community Education Center.

What’s inside? Inside this Fall 2020 edition of WCCC’s Community Education Center brochure we have a large selection of classes/workshops for personal and professional growth that are designed for lifelong learning around many fun topics. We invite you to experience the fun and excitement of exploring something new or enhancing your existing skills.

Flexible Options: We are now offering our classes in 3 different formats: In person, with COVID-19 safety protocols; remotely through Zoom; and fully online. Watch for these symbols to determine the format available for each class.

In-Person. These classes are held at the WCCC campus. COVID-19 safety protocols are in place and must be followed to attend class. These protocols include wearing a face mask while in the building and social distancing.

Remote via Zoom. These classes are taught by our CEC instructors, oftentimes at the WCCC campus with in-person students in the class. This symbol means that you can attend a class remotely on your computer, tablet or smart phone. You will be able to interact with the instructor and the other class participants, ask questions, etc. You DO NOT need to download the Zoom app to attend these classes. You only need access to the internet, email, and a computer, tablet or smart phone.

Fully Online. These are interactive courses that you can take entirely over the Internet. Fully online courses have the option to be instructor led, with a specific start date and class schedule, or self-paced, where you can begin the course at any time and work at your own pace.

What’s in it for me? Whether your motivations are for personal enrichment, advanced skill training, or professional development, the Community Education Center at WCCC is here for you. Learning new concepts, skills or hobbies is fun, and meeting others with similar interests can provide lasting friendships. We are committed to providing opportunities for lifelong learning and workplace training in the community we share. Many of the Community Education Center courses are developed from your input and ideas. If you have an idea for a new class or would like to propose teaching a new class for us, let us know and we will happily try to make it happen.

Workplace and Workforce Training: Local companies and employees have found the Community Education Center to be a great place to find solutions for leadership training needs and safety and compliance responsibilities. If you are a business leader and have specific training requests, let us know and we will find a way to help. We offer customizable training in many options.

Visit us online, call or stop in today.

Kurtis Armstrong
Community & Corporate Education Director
970.255.2800
cec@coloradomesa.edu

WCCC FALL 2020 COURSE OFFERINGS

Community Education Center
(non-credit courses)

<table>
<thead>
<tr>
<th>Course Type</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acting</td>
<td>3</td>
</tr>
<tr>
<td>Arts &amp; Crafts</td>
<td>3</td>
</tr>
<tr>
<td>Astronomy</td>
<td>5</td>
</tr>
<tr>
<td>Beekeeping</td>
<td>5</td>
</tr>
<tr>
<td>Business &amp; Leadership</td>
<td>5</td>
</tr>
<tr>
<td>Computers &amp; Office</td>
<td>7</td>
</tr>
<tr>
<td>Concealed Carry &amp; Personal Protection</td>
<td>9</td>
</tr>
<tr>
<td>Cooking</td>
<td>10</td>
</tr>
<tr>
<td>Dance</td>
<td>10</td>
</tr>
<tr>
<td>Enology: The Study of Wine</td>
<td>11</td>
</tr>
<tr>
<td>Financial Planning &amp; Retirement</td>
<td>11</td>
</tr>
<tr>
<td>Fitness &amp; Health</td>
<td>12</td>
</tr>
<tr>
<td>Graphic Design</td>
<td>15</td>
</tr>
<tr>
<td>History</td>
<td>15</td>
</tr>
<tr>
<td>Career Training &amp; Micro Credentials</td>
<td>15</td>
</tr>
<tr>
<td>Languages</td>
<td>16</td>
</tr>
<tr>
<td>Music</td>
<td>17</td>
</tr>
<tr>
<td>Outdoor Recreation</td>
<td>19</td>
</tr>
<tr>
<td>Personal Growth</td>
<td>19</td>
</tr>
<tr>
<td>Photography</td>
<td>20</td>
</tr>
<tr>
<td>Religion</td>
<td>21</td>
</tr>
<tr>
<td>Business &amp; Industry Safety Compliance Training</td>
<td>21</td>
</tr>
<tr>
<td>Online Professional &amp; Personal Enrichment</td>
<td>23</td>
</tr>
</tbody>
</table>

Western Colorado Community College
(credit courses)

<table>
<thead>
<tr>
<th>Course Type</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Credit Courses Descriptions</td>
<td>24</td>
</tr>
</tbody>
</table>

Customized Corporate Training & Business Services

Western Colorado Community College offers custom and ongoing classes to help make businesses safer and more profitable. Would you like to get more from your workforce and increase your competitiveness? Training brings direct benefits to you and has an immediate return on investment. Our tailor-made training solutions can rapidly help increase employee performance. Whether you are a small business venture or the community's largest employer, we will work with you to create the best programs and services in the market today. Our goal is to be your training education partner of choice to create positive change.

Conferences & Seminars

Reserve a training room or computer lab for your upcoming meeting, training or workshop. Video conferencing and presentation equipment is available. Catering also available!
OPPORTUNITIES FOR LIFELONG LEARNING

Acting

Have you ever dreamed of being on the silver screen? Come learn what it takes for an actor to work on a movie! This class will cover both comedic and dramatic material while you learn on-camera acting techniques through fun exercises. Students will perform monologues and scenes on camera, and you will receive a digital copy of your performance at the end of class. Ages 12 and up.

Instructor: ................................................... Brachfeld/Cochran
Fee: ..................................................................... $89

OPTION 1
Date:  .................. October 5, 7, 9
Day: .......... Monday, Wednesday, Friday
Time:  ................... 4:30–6:30pm

OPTION 2
Date:  .................. November 2, 4, 6
Day: .......... Monday, Wednesday, Friday
Time:  ................... 4:30–6:30pm

OPTION 3
Date:  .................. November 9, 11, 13
Day: .......... Monday, Wednesday, Friday
Time:  ................... 4:30–6:30pm

Arts & Crafts

Drawing Basics for Everyone

Fundamental art education concepts can sound daunting and unimportant, when in reality building an artistic style can only be accomplished by mastering drawing basics. Foundation of form, line, perspective, anatomy, composition and values will be explored as we build on the basis of all artistic skills. This course explores the use of drawing pencils, charcoal, blenders and other basic tools that can add exciting touches to your drawing experience.

Instructor will provide supplies for the first class, then students will purchase their own supplies for the remaining classes.

Instructor: .............................................................. Farris
Fee: .................................................................... $109

OPTION 1: Family Class (all ages)
Date:  .................. September 19, 20
Day: ................ Saturday, Sunday
Time:  ........................ 3–5pm

OPTION 2: Padawan Class (ages 8-18 years)
Date:  .................. September 26, 27
Day: ................ Saturday, Sunday
Time:  ........................ 3–5pm

Script Writing Intensive

Ever wondered how movies are made? They start with the script! Stretch your creative writing muscles and learn how to write a short film. The class will cover the format and technique of writing for the screen, and students will approach their project with the mindset to film it themselves if they so choose. In this supportive and encouraging environment, students will brainstorm, workshop and do a reading of the script they create in class. Ages 12 and up.

Instructor: ................................................... Brachfeld
Fee: ..................................................................... $129

OPTION
Date:  .....................................................................
Day:  .....................................................................
Time:  .....................................................................

LIFELONG LEARNING DISCOUNT!
Lifelong learners age 70+ are eligible for a 15% discount on all non-credit courses! (Online courses are excluded.)
ASK ABOUT IT TODAY! • 970.255.2800
**Introduction to Watercolor**

Watercolor may seem like an intimidating medium to master. In this class, students will be offered the opportunity to learn the art of watercolor in an approachable environment. This relaxing class will teach the fundamentals of watercolor ranging from appropriate supplies, color theory, application, composition and style. Come discover the beauty of watercolor!

Instructor will provide supplies for the first class, then students will purchase their own supplies for the remaining classes.

Instructor: ............................................................. Farris  
Fee: ............................................................. $109

**OPTION**

Date: ............................................................. October 6, 8, 13, 15  
Day: ............................................................. Tuesdays, Thursdays  
Time: ............................................................. 6–8pm

**Painting Outside the Box**

Re-think acrylic painting by stepping outside the box! In this class we will combine acrylic paints with collages, hot wax, and other materials, and will create our works of art on canvas boards and other unique surfaces. There is no ‘painting inside the lines’ in this class – come let your creativity flow outside the box!

Please see materials list online for items to bring to class.

Instructor: ............................................................. Mulder  
Fee: ............................................................. $109

**OPTION**

Date: ............................................................. September 21, 28, October 5, 12  
Day: ............................................................. Mondays  
Time: ............................................................. 6–8pm

**Sculpting Masks and Prosthetics**

Sculpting Masks and Prosthetics for Haunted Attraction, Halloween, cosplay, or even just for fun! You’ll get to draw out your own creation and learn how to take a 2D image and turn it into real life! Warning – this is a messy class, and is designed for adult students only.

Instructor: ............................................................. Weller  
Fee: ............................................................. $109

**OPTION**

Date: ............................................................. October 1, 8, 15, 22  
Day: ............................................................. Thursdays  
Time: ............................................................. 5–8pm

**Portrait Drawing for Beginners**

Come learn the fundamentals and principles of portrait drawing! This is a fun class that will focus on learning the proportions and the features of the face. Basic value drawing and shading will be practiced and utilized in the drawings. No drawing experience necessary.

Please bring your own sketchbook and pencils to class.

Instructor: ............................................................. Skinner  
Fee: ............................................................. $119

**OPTION 1**

Date: ............................................................. September 16, 23, 30, October 7, 14  
Day: ............................................................. Wednesdays  
Time: ............................................................. 6:30–8pm

**OPTION 2**

Date: ............................................................. October 21, 28, November 4, 11, 18  
Day: ............................................................. Wednesdays  
Time: ............................................................. 6:30–8pm

**Practical Interior Design**

Whether it’s new construction, remodeling or just rearranging interiors, this course will help you navigate through your interior design projects. You’ll learn about placement, identifying themes, scale, color theory and lifestyle focus. Bring photos of your projects to class or just learn about general interior design principles. Students may want to bring a basic sketchbook.

Instructor: ............................................................. Feller  
Fee: ............................................................. $109

**OPTION 1**

Date: ............................................................. September 22, 29, October 6, 13  
Day: ............................................................. Tuesdays  
Time: ............................................................. 5–7pm

**OPTION 2**

Date: ............................................................. October 20, 27, November 3, 10  
Day: ............................................................. Tuesdays  
Time: ............................................................. 5–7pm

**Watercolor Sketching on the Go**

Two of the most relaxed and accessible forms of artistic expression are watercolor and sketching. In this course, students will discover how to combine two classical styles of art in a portable, affordable and approachable manner. Short field trips will occur for the last half of the course, so be prepared for travel time and fun locations.

Instructor will provide supplies for the first class, then students will purchase their own supplies for the remaining classes.

Instructor: ............................................................. Farris  
Fee: ............................................................. $109

**OPTION**

Date: ............................................................. September 22, 24, 29, October 1  
Day: ............................................................. Tuesdays, Thursdays  
Time: ............................................................. 5–7pm
Stargazing 101

This class teaches you everything you need to know to get started in the hobby of astronomy and start enjoying the clear, steady night skies of western Colorado. Topics include the “Ps” of telescope buying, binoculars as an alternative to telescopes, how to find constellations and objects of interest in the night sky, basics of astrophotography and more.

Instructor: ........................................................... Dershem  
Fee: ..................................................................... $99

OPTION
Date:  ........................................ September 22, 29, October 6, 13  
Day:  ............................................................ Tuesdays  
Time:  ........................................................... 6:30–8pm

Beekeeping

Introduction to Beekeeping

Participants are encouraged to explore the basics of keeping honeybees. Class discussion emphasizes the interactions of bees and humans historically, and the current state of honeybees and their biology. Bee biology and bee culture include the interaction of workers, drones and the queen, hive health, exposure to various kinds of beekeeping equipment, bee species and beekeeping costs. One of four classes meets in an apiary with an emphasis towards hands-on techniques. Personal Protection Equipment (PPE) is required.

Instructor: ............................................................. Moore  
Fee: .................................................................... $119

OPTION
Date:  ........................................ September 28, October 5, 12, 19  
Day:  ............................................................ Mondays  
Time:  ........................................................... 6–8pm

At the time of publication, WCCC and CMU intend to host non-credit courses scheduled to start September 14 or later, but that may change depending upon guidance from public health officials.
Remote via Zoom
Fully Online

Time: ............................................................ 12–5pm
and gives you tips on lighting, sound and other skills that help keep participants focused on
utilize Zoom technology with confidence. We’ll cover how to keep your participants engaged
Many variables go into an effective online presentation. This class will teach you how to
courageous leadership. In this course we will explore four essential traits for courageous
and uncertainty are a frightening combination. When life becomes overwhelming, we need
There is a lot going on in our world today that is cause for stress and anxiety. A chaotic world
plays in your experiences? How to bring awareness to how you naturally show up in life?
Would you like to know how you naturally relate to others? What role your personality

OPTION 1
Fee: ........................... $99
Date:  .................... October 5, 7, 9
Day:  ...... Monday, Wednesday, Friday
Time:  .................... 5:30–7pm

OPTION 2
Fee: ........................... $99
Date:  .................... October 10
Day:  ...... Saturday
Time:  .................... 12–5pm

OPTION 3: Condensed
Fee: ........................... $79
Date:  .................... October 24
Day:  ...... Saturday
Time:  .................... 9am–12pm

Clear Communication Basics

This course provides you with practical and easy-to-use communication techniques for
every situation. You will be able to find common ground through honest and authentic
expression, which is essential for all of our relationships and helps us find peace within
ourselves. Conflict does not have to be the norm! You will be able to discuss what matters
most to you in any given situation. Whether you are engaged in a casual conversation
or an important, life-changing discussion, this class will give you the tools you need to
communicate with confidence!

Instructor: .......................................................... Stadelman

OPTION 1
Fee: ........................... $149
Date:  .................... September 15, 22, 29,
October 6, 13, 20, 27, November 3
Day:  ...... Tuesdays
Time:  .................... 6:30–8pm

OPTION 2: Condensed
Fee: ........................... $99
Date:  .................... October 10
Day:  ...... Saturday
Time:  .................... 12–5pm

OPTION 3
Fee: ........................... $99
Date:  .................... November 5
Day:  ...... Thursday
Time:  .................... 6–8pm

Courageous Leadership

There is a lot going on in our world today that is cause for stress and anxiety. A chaotic world
and uncertainty are a frightening combination. When life becomes overwhelming, we need
courageous leadership. In this course we will explore four essential traits for courageous
leadership: honesty, consistency, vulnerability and consideration. Being a leader may not
always be easy, but after our day together, you will have tools and techniques to be a
courageous leader — at home, at work and in your community.

Instructor: .......................................................... Stadelman

Fee: ........................... $99

OPTION
Date:  .................... November 14
Day:  ...... Saturday
Time:  .................... 12–5pm

Effective Online Presentations

Many variables go into an effective online presentation. This class will teach you how to
utilize Zoom technology with confidence. We’ll cover how to keep your participants engaged
and gives you tips on lighting, sound and other skills that help keep participants focused on your valuable information.

Instructor: .......................................................... Carpenter

Fee: ........................... $39

OPTION 1
Date:  .................... September 17
Day:  ...... Thursday
Time:  .................... 6–8pm

OPTION 2
Date:  .................... October 1
Day:  ...... Thursday
Time:  .................... 6–8pm

OPTION 3
Date:  .................... November 5
Day:  ...... Thursday
Time:  .................... 6–8pm

Empowering & Engaging Employees

What is Empowerment? What is Engagement? What is the cost of Poor Leadership? This course
discusses those topics and how you can re-energize yourself and your employees
towards higher levels of performance. We will discuss the root causes of conditions such as
absenteeism, disgruntled employees, low engagement, and turnover, and then discuss
how to empower and engage employees to improve performance.

Instructor: .......................................................... Haggerty

Fee: ........................... $99

OPTION 1
Date:  .................... October 12
Day:  ...... Monday
Time:  .................... 1–5pm

OPTION 2
Date:  .................... October 15
Day:  ...... Thursday
Time:  .................... 8am–12pm

OPTION 3
Fee: ........................... $99

Instructor: ........................................................... Haggerty

OPTION 1
Date:  .................... September 14, 16, 18
Day:  ...... Monday, Wednesday, Friday
Time:  .................... 5:30–7pm

OPTION 2
Date:  .................... October 5, 7, 9
Day:  ...... Monday, Wednesday, Friday
Time:  .................... 5:30–7pm

OPTION 3: Condensed
Fee: ........................... $79
Date:  .................... October 24
Day:  ...... Saturday
Time:  .................... 9am–12pm

The Enneagram of Personality

Would you like to know how you naturally relate to others? What role your personality
plays in your experiences? How to bring awareness to how you naturally show up in life?
How to recognize your healthy and unhealthy behaviors? The Enneagram of Personality
has nine types and helps solve these mysteries. Your life will never be the same after you
attend this course!

Instructor: ........................................................... Stadelman

Fee: ........................... $149

OPTION 1
Fee: ........................... $99

Instructor: ........................................................... Haggerty

OPTION 1
Fee: ........................... $99

Instructor: ........................................................... Brachfeld

OPTION 1
Date:  .................... September 23, 30, October 7, 14, 21, 28, November 4, 11, 18
Day:  ...... Wednesday
Time:  .................... 6:30–8pm

Helping Employees Excel

and Tim Haggerty’s presentation, “Your Life is not My Fault”, this class will delve into how
we can help employees take control of their careers, and accomplish their career goals.
Topics covered include accountability, responsibility, and work/home balance.

Instructor: .......................................................... Haggerty

Fee: ........................... $99

OPTION 1
Date:  .................... October 19
Day:  ...... Monday
Time:  .................... 1–5pm

OPTION 2
Date:  .................... October 22
Day:  ...... Thursday
Time:  .................... 8am–12pm

Managing Yourself

In today’s digital world, it is crucial to know yourself and your organization in order to
effectively lead and deal with people. This course will explore ways to manage yourself
in order to then manage/lead others. We will cover techniques of self-evaluation, and learn
to recognize and overcome stressors and weaknesses many business leaders experience.

Description continues on next page.
OPPORTUNITIES FOR LIFELONG LEARNING

People Management ()

Managers are much more effective when their employees believe in them and their leadership. This class will discuss current techniques to help you become an effective people manager. Learn techniques for conflict resolution, how to give constructive feedback, and an effective process for employee evaluations and accountability.

Instructor: .................................................. Neil D. Hymas, PMP
Fee: .................................................................. $99

OPTION 1
Date: ........................ Monday
Day: ........................ October 26
Time: ........................ 1–5pm

OPTION 2
Date: ........................ Monday
Day: ........................ October 29
Time: ........................ 8am–12pm

Preventing Harassment in the Workplace ()

We all have a moral responsibility to help create and maintain a positive, safe work environment free from: discrimination, intimidation, bullying, sexual harassment, and retaliation. Bad behavior rarely goes away by itself and, if left unchecked, may lead to more devastating consequences. This course covers general and advised harassment policies; quid pro quo; harassment and workplace conduct utilizing interactive scenarios; and expectations you should have in any work environment, and what should be expected of you.

Instructor: .................................................. Haggerty
Fee: .................................................................. $99

OPTION 1
Date: ........................ Monday
Day: ........................ November 2
Time: ........................ 1–5pm

OPTION 2
Date: ........................ Monday
Day: ........................ November 5
Time: ........................ 8am–12pm

Project Management Fundamentals Workshop ()

This one-day workshop is designed to develop knowledge & skills of the essential project management principles, tools and processes. Workshop participants will learn to use the standard, recognized tools of project management. Topics covered include: Project charter, scope & definition; work breakdown structure & task list; network diagram; bar (Gantt) chart; and key performance indicators. (PMPs will receive 6 PDUs)

Instructor: .................................................. Neil D. Hymas, PMP
Fee: .................................................................. $199 (workbook included)

OPTION
Date: ........................ Monday
Day: ........................ September 28, 29, 30, October 1, 2
Time: ........................ 9am–5pm (1-hour break for lunch)

Project Management Professional Exam Preparation Workshop ()

Last Chance to prepare for the exam based on PMBOK® Sixth Edition. The new exam—based on PMBOK® Seventh Edition will implement on January 2, 2021

The Project Management Professional (PMP®) Certification issued by the Project Management Institute (PMI®) is an internationally acclaimed professional credential which will open many doors for those who obtain it. This course is based upon project management principles approved by the PMI® found in the Project Management Body of Knowledge (PMBOK®). This course fulfills the PMI® training prerequisite outlined in the PMP® exam application. Students attending this course will be instructed in the project management process groups and knowledge areas necessary to pass the exam.

Custom dates can be arranged for your company with multiple students.

Instructor: ............................................................. Gibson
Fee: .................................................................. $149

OPTION
Date: ........................ Monday, Tuesday, Wednesday Thursday, Friday
Day: ........................ November 2, 4, 9, 11, 16, 18
Time: ........................ 6–8pm

Social Media Marketing for Small Business ()

Interested in learning more about marketing your product or service on Instagram and Facebook? This class will focus on navigating the tools needed to help boost your sales and online presence. The structure of the class will include group discussion, computer-based and hands-on learning.

Participants should have established Facebook and Instagram business profiles/pages before starting the class.

Instructor: ............................................................. K. Mahoney
Fee: .................................................................. $139

CLASS DATES
Date: ........................ September 21, 28, October 5
Day: ........................ Mondays
Time: ........................ 5:30–7:30pm

Virtual Office Hours (Q&A time via Zoom)
Date: ........................ September 25, October 2, 9
Day: ........................ Fridays
Time: ........................ 4–5pm

See also: Business & Leadership, Photography, Graphic Design

Computers & Office

Adobe Dreamweaver: Basic Web Design ()

Learn how to lay out web pages and construct simple web design using Adobe Dreamweaver CC, a web page editor and website application used by many designers and site managers. Topics will include the Dreamweaver interface, web page and website creation, an understanding of web page structure (HTML), page styling (CSS) and the process of inserting core elements into web pages. This class will also cover publishing a website to a web host.

Instructor: ............................................................. Gibson
Fee: .................................................................. $149

OPTION
Date: ........................ Monday
Day: ........................ September 21, 28, October 5
Time: ........................ 9am–11pm

See also: Business & Leadership, Photography, Graphic Design
**Microsoft Excel: Beginning**

Currently, it's hard to find or advance in a job without knowledge of spreadsheets. Home users will also find spreadsheets handy for everything from creating budgets to soccer schedules! Create, modify, format, and print worksheets, work with basic functions, and create simple calculation formulas using Excel.

Students will need Excel 2016 or newer on their computer for the remote via Zoom classes.

**OPTION 1: In Person**
- Instructor: Shammo
- Date: September 14, 16, 21
- Day: Monday, Wednesdays
- Time: 5:30–8pm

**OPTION 2: Remote via Zoom**
- Instructor: Colbert
- Date: October 13, 15, 20
- Day: Tuesdays, Thursday
- Time: 2:30–5pm

**Microsoft Excel: Advanced**

Covered in this course is importing and exporting data, advanced number formatting, working with ranges, creating basic macros, summarizing and analyzing data, and workgroup collaboration using Excel.

**OPTION 1**
- Instructor: Shammo
- Date: November 9, 11, 16
- Day: Monday, Wednesdays
- Time: 5:30–8pm

**Microsoft Access: Beginning**

This course is for those interested in learning the basics of Access database solutions. You will learn how to create queries, forms and reports, lay out fields, set formats, and much more. Basic computer knowledge/ability is recommended.

**OPTION**
- Instructor: Shammo
- Date: September 28, 30, October 5
- Day: Mondays, Wednesday
- Time: 5:30–8pm

**Microsoft Access: Intermediate**

This course will take a look at creating and enforcing database relationships as well as a deeper examination of tables, queries, forms and reports. We will create advanced queries including Parameter queries, Find Duplicates queries and Find Unmatched queries. More advanced formatting of reports and forms will be covered as well. Basic knowledge/ability of Microsoft Access is recommended.

**OPTION**
- Instructor: Shammo
- Date: October 12, 14, 19
- Day: Mondays, Wednesday
- Time: 5:30–8pm

**Microsoft Publisher**

This course will introduce students to the world of Microsoft Publisher. Students will learn how to create their own print material, letterhead, logos, calendars, newsletters and reports. Microsoft's easy-to-learn publishing software is a great tool to help businesses and individuals save money by creating their own publications and flyers.

Students will need Publisher 2016 or newer on their computer for this remote via Zoom class.

**OPTION 1**
- Instructor: Colbert
- Date: November 10, 12, 17
- Day: Tuesdays, Thursday
- Time: 2:30–5pm

**OPTION 2**
- Instructor: Colbert
- Date: November 10, 12, 17
- Day: Tuesdays, Thursday
- Time: 5:30–8pm
Microsoft Word: Beginning

This introductory hands-on class covers Word basics: creating, opening, closing, and printing documents; formatting and editing text; working with paragraphs and pages, lists and tabs, borders and shading; and headers and footers using Word.

Students will need Word 2016 or newer on their computer for this remote via Zoom class.

Instructor: ............................................................ Colbert
Fee: ..................................................................... $109 (includes workbook)

OPTION
Date: .............................................................. November 9, 11, 16
Day: .................................................................. Mondays, Wednesdays
Time: .............................................................. 5:30–8pm

Microsoft Word: Intermediate

Learn to use Microsoft Word features beyond the introductory class, including mail merge, templates and macros, object linking and embedding, and online forms. Class is instructor-led in our computer lab where you’ll be able to utilize and practice what you learn as you are learning it.

Students will need Word 2016 or newer on their computer for this remote via Zoom class.

Instructor: ............................................................ Colbert
Fee: ..................................................................... $109 (includes workbook)

OPTION
Date: .............................................................. October 13, 15, 20
Day: .................................................................. Tuesdays, Thursdays
Time: .............................................................. 5:30–8pm

Microsoft Word: Advanced

This course includes creating and formatting charts; working with longer documents, footnotes and endnotes; indexes, tables of figures and table of contents; creating macros; graphics; and creating forms which include drop-down lists.

Students will need Word 2016 or newer on their computer for this remote via Zoom class.

Instructor: ............................................................ Colbert
Fee: ..................................................................... $109 (includes workbook)

OPTION
Date: .............................................................. October 22, 27, 29
Day: .................................................................. Tuesdays, Thursdays
Time: .............................................................. 5:30–8pm

Ammunition Reloading: Metallic Cartridges Level 1

Reloading rifle and pistol cartridges is an enjoyable and safe pastime. There are many reasons why people reload their own ammunition. In this course, participants will learn the basics of reloading procedures; information about choosing powders, primers and bullets; different types of reloading equipment and their proper setup and operation, as well as trouble shooting when things don’t go as expected. The last class session will be devoted to actual reloading of cartridges. This is an NRA Certificate course.

Instructor: .............................................................. Barto
Fee: ..................................................................... $119
Materials Fee: .................................................. $15 (payable to the instructor at the beginning of the class)

OPTION
Date: .............................................................. October 19, 20, 21
Day: .................................................................. Monday, Tuesday, Wednesday
Time: .............................................................. 6–9pm

Ammunition Reloading: Metallic Cartridges Level 2

This course will go beyond the Ammunition Reloading: Level 1 course to cover topics such as experimentation, using bullet comparators to get precise measurements of your rounds, measuring chamber, adjusting seating/crimping dies to your gun’s chamber, optimal bullet seating, necking up/down, minimizing runout, and bullet concentricity.

Instructor: .............................................................. Barto
Fee: ..................................................................... $109

OPTION
Date: .............................................................. November 9, 11
Day: .................................................................. Monday, Wednesday
Time: .............................................................. 6–9pm

Basic Colorado Concealed Carry Class

This class is for the beginner to the advanced. You will learn the necessary knowledge, skills and attitude to carry a concealed weapon. This class consists of elements of basic pistol, inside and outside your home or office. All instructors are NRA certified volunteers. This is a thinking person’s class. Unlike many concealed carry weapon classes, our instructors know the importance of range time.

Instructor: .............................................................. NRA Certified Instructors
Fee: ..................................................................... $80
Materials Fee: .................................................. $20 (payable to the instructor at the beginning of class)

OPTION 1:
Date: .............................................................. September 27
Day: .................................................................. Sunday
Time: ........ 7am–5pm (will break for lunch)

OPTION 2:
Date: .............................................................. October 18
Day: .................................................................. Sunday
Time: ........ 7am–5pm (will break for lunch)

OPTION 3:
Date: .............................................................. November 15
Day: .................................................................. Sunday
Time: ........ 7am–5pm (will break for lunch)

OPTION 4:
Date: .............................................................. December 13
Day: .................................................................. Sunday
Time: ........ 7am–5pm (will break for lunch)

Concealed Carry & Personal Protection

There are four easy ways to register for Non-Credit Community Education Courses:

1. coloradomesa.edu/cec
   Click on the blue “Register for Non-Credit Courses” button, pick the category and add classes.

2. 970.255.2800
   Kurtis Armstrong at cec@coloradomesa.edu

3. WCCC Community Education Center
   2508 Blichmann Avenue, Building B
   Grand Junction, CO 81505
Basic Pistol/Concealed Handgun Permit (CHP) Training

This course teaches basic knowledge, skills and attitude for safely owning and operating a pistol. Basic Pistol/CHP Training class includes four hours of demonstrations on safe pistol operation, the fundamentals of pistol shooting, ammunition, and Colorado law of self-defense. In addition, there are four hours of coached shooting on the range. Instructors are NRA certified and volunteer their time and expertise. Although this course fulfills the Colorado Concealed Carry training requirements for a CHP permit, additional skills and knowledge is advisable to become competent for concealed carry.

Instructor: .............................................................. Ram Dhan Khalsa, NRA Certified Instructor
Fee: ..................................................................... $99
Materials Fee: .................................................. $40 (payable to the instructor at the beginning of the class)

OPTION 1:
Date: . . . . . . . . . . . . . . . . . September 14, 15, 17
Day: .......... Monday, Tuesday, Thursday
Time: ........................ 6:30–9:30pm

OPTION 2:
Date: . . . . . . . . . . . . . . . . . October 12, 13, 15
Day: .......... Monday, Tuesday, Thursday
Time: ........................ 6:30–9:30pm

OPTION 3:
Date: . . . . . . . . . . . . . . . . . November 9, 10, 12
Day: .......... Monday, Tuesday, Thursday
Time: ........................ 6:30–9:30pm

Date Night Cooking: Gourmet Breakfast for Dinner

Breakfast for dinner – it’s a thing! Bring your special someone and enjoy a romantic evening preparing a gourmet breakfast together. This elevated breakfast will go way beyond scrambled eggs, and will include dishes like eggs Benedict, salmon and decadent French toast. Come enjoy this fun date night, and go home with recipes to impress family and friends!

Instructor: .............................................................. Jolley
Fee: ..................................................................... $99 (per couple)
Materials Fee: .................................................. $40 (per couple)

OPTION 1
Date: . . . . . . . . . . . . . . . . . September 18
Day: .......... Friday
Time: ........................ 6–9pm

OPTION 2
Date: . . . . . . . . . . . . . . . . . October 16
Day: .......... Friday
Time: ........................ 6–9pm

OPTION 3
Date: . . . . . . . . . . . . . . . . . November 20
Day: .......... Friday
Time: ........................ 6–9pm

Parent/Child Cooking Night

Take your child out on a date! This class was created for you to have a special time with one of your kids to bond over cooking. You’ll be making special memories as you prepare delicious recipes together, such as shrimp scampi and lava cakes, and you will have a fun night out of the house!

Instructor: .............................................................. Jolley
Fee: ..................................................................... $79 (per pair)
Materials Fee: .................................................. $40 (per pair)

OPTION 1
Date: . . . . . . . . . . . . . . . . . September 25
Day: .......... Friday
Time: ........................ 6–9pm

OPTION 2
Date: . . . . . . . . . . . . . . . . . October 9
Day: .......... Friday
Time: ........................ 6–9pm

OPTION 3
Date: . . . . . . . . . . . . . . . . . November 20
Day: .......... Friday
Time: ........................ 6–9pm

East Coast Swing Dance

East Coast Swing Dance is a very lively and energetic style of dance, featuring fun footwork and exciting turns and spins. Come learn how to swing your partner around the dance floor.

Instructor: .............................................................. White
Fee: ..................................................................... $59
Materials Fee: .................................................. $20

PARTIALLY CREDITED COURSES

Cooking

This class is intended to help home bakers learn the tips and tricks to baking cakes. We will look at recipes, proper baking techniques, frostings and decoration. You will leave this course confident in making beautiful cakes at home for all your special family occasions.

Instructor: .............................................................. Jolley
Fee: ..................................................................... $99
Materials Fee: .................................................. $40

Option 1
Date: . . . . . . . . . . . . . . . . . October 1, 2, 3
Day: .......... Thursday, Friday, Saturday
Time: ........................ 6–9pm (Thursday, Friday), 10am–4pm (Saturday)

Option 2
Date: . . . . . . . . . . . . . . . . . November 5, 6, 7
Day: .......... Thursday, Friday, Saturday
Time: ........................ 6–9pm (Thursday, Friday), 10am–4pm (Saturday)

Other Options

Description continues on next page.
OPPORTUNITIES FOR LIFELONG LEARNING

Concealed Carry & Personal Protection • Cooking • Dance • Enology • Financial Planning & Retirement

Like us on Facebook for updated information, additional classes and more!

facebook.com/cecatwccc
Retirement Planning Today

Due to recent tax law changes, the uncertain future of Social Security and the shift toward employee-directed retirement plans, the need for sound financial strategies has never been greater. In straightforward language, this class explains time-tested strategies that help you make informed financial decisions. Whether your objective is to build a nest egg, protect your assets or preserve your lifestyle throughout retirement, this course helps you plan your future with confidence.

Instructor: ............................................................ DeCora
Fee: ................................................................. $49 (plus one free guest)

OPTION 1
Date: . September 16, 23
Day: . Wednesday
Time: . 6:30–9:30pm

OPTION 2
Date: . September 17, 24
Day: . Thursday
Time: . 6:30–9:30pm

OPTION 3
Date: . September 22, 29
Day: . Tuesday
Time: . 6:30–9:30pm

Stock Market Basics

Understanding how the stock market works is important, whether you have a retirement account with your employer, or want to invest for a living. Using basic skills like addition and subtraction, the principles of economics are learned through guided practice in common trading and investing methods. Students learn to then apply these basic math skills to undertake sophisticated economic analysis and gain the ability to estimate current values of a stock and anticipate its future value too.

Instructor: ........................................................... Brachfeld
Fee: ................................................................. $69

Women Planning for Their Financial Future

Today, every woman – single or married, widowed or divorced – needs to plan ahead for personal and financial security. In this class you will learn about the unique financial challenges facing women. Topics covered include getting your financial house in order, preparing for the unexpected, putting your money to work by investing, facing financial hardships, and estate and legacy issues.

Instructor: .......................................................... Carpenter
Fee: ................................................................. $39

OPTION 1
Date: . September 30
Day: . Wednesday
Time: . 6:30–8:30pm

OPTION 2
Date: . October 1
Day: . Thursday
Time: . 6:30–8:30pm

Fitness & Health

10 Ways to Control Emotional Eating: Never Binge Eat Again

Have you ever rushed to the kitchen or gone through a drive-thru because you had a terrible day, an argument or because you were bored? Do you use comfort foods’ to soothe yourself through difficult situations? Does the constant thought of food derail your willpower and make it difficult to lose weight? If you answered yes to any of these questions, this class is for you! Come gain clarity and learn simple, non-food techniques that take willpower and motivation out of the equation, so you will be able to eat what and when you decide to.

Instructor: ............................................................... Leon
Fee: ................................................................. $59

OPTION 1
Date: . September 26
Day: . Saturday
Time: . 9am–12pm

OPTION 2
Date: . October 24
Day: . Saturday
Time: . 9am–12pm

OPTION 3
Date: . November 21
Day: . Saturday
Time: . 9am–12pm

Autoimmune Diseases and their Connection to Leaky Gut

In this empowering class, participants will learn that many autoimmune diseases can be reversed without any medical intervention. Learn what foods, medications and ubiquitous toxins cause the body to attack itself. Take back control of your health.

Instructor: ........................................................... Carpenter
Fee: ................................................................. $49

OPTION
Date: . November 2
Day: . Monday
Time: . 6–8pm

Chakra Yoga

This class is designed for those wanting to work on themselves by integrating the psychology of the chakra system and the yoga poses into their lives. This is a path of self-discovery, as we expand our inner awareness and the awareness of the world around us. We will use tools to explore and balance our bodies, including an introduction to the chakras, bio-energetic exercises, guided meditations, and more.

Instructor: ............................................................... Cullinane
Fee: ................................................................. $149

OPTION
Date: . September 24, October 1, 8, 15, 22, 29, November 5, 12
Day: . Thursdays
Time: . 6–7:30pm
COVID-19 has changed the world. We have successfully flattened the curve so we don’t overwhelm the medical system. But it is still a novel virus. Over time, many more will be infected. This class will discuss natural ways to boost immunity so that, when exposed, one has a better ability to circumvent the disease, reduce symptoms and regain more robust health. It is important to have a plan and supplies in place before exposure. You will learn about that plan and supplies in this class.

Instructor: Carpenter  
Fee: $49

Date: September 14  
Day: Saturday  
Time: 9-10:30am

Essential oil safety seems to be all the rage. This class will cover the basics of essential oils and how they differ from infused oils. We will also cover what they can be used for and how to use them safely. What about for use in pregnancy or childbirth, for infants and nursing mother, for the elderly or those with sensitive skin? Can essential oils be harmful? Can/should they be taken internally? This class will answer all of these questions and more.

Instructor: Carpenter  
Fee: $49

Date: October 5  
Day: Monday  
Time: 6-8pm

Two of the top five pharmaceuticals sold in the US treat Gastro Esophageal Reflux Disease (GERD). Once you start taking them, these drugs are designed so that it is almost impossible to stop taking them. In this powerful seminar you will learn what you can do to treat GERD naturally.

Instructor: Carpenter  
Fee: $49

Date: October 19  
Day: Monday  
Time: 6-8pm

Eating 4 Energy

Are you an exhausted superwoman relying on the four ‘fake energy’ boosters which deplete health? Are you experiencing decreased energy and productivity, overall lack of joy and excitement for life? Fueling our bodies is a foundational segment to higher self-care. Discover four delicious food groups guaranteed to bring lasting vitality while fortifying your immune system. You will leave with five simple strategies to improve your energy level, your health and your quality of life!

Instructor: Humble  
Fee: $69

Option 1 Date: September 19  
Day: Saturday  
Time: 9-10:30am

Option 2 Date: October 10  
Day: Saturday  
Time: 9-10:30am

Option 3 Date: November 14  
Day: Saturday  
Time: 9-10:30am

Hatha Yoga

No matter your age or physical condition, yoga can be a part of a healthy lifestyle. This course will provide the beginner with a gentle introduction to yoga. Use of accommodations will help increase flexibility as well as increase a sense of well-being. Each class will focus on movements to add strength, flexibility and openness. Students will need to bring a yoga mat, two blocks and a yoga strap if you have them. Comfortable clothing that allows movement is a necessity.

Instructor: Cullinane  
Fee: $89

Option 1 Date: September 15, 22, 29, October 6, 13, 20  
Day: Tuesdays  
Time: 5-6pm

Option 2 Date: October 27, November 3, 10, 17, 24, December 1  
Day: Tuesdays  
Time: 5-6pm

THERE ARE FOUR EASY WAYS TO REGISTER FOR NON-CREDIT COMMUNITY EDUCATION COURSES:

1. coloradomesa.edu/cec  
   Click on the blue “Register for Non-Credit Courses” button, pick the category and add classes.

2. 970.255.2800  
3. Kurtis Armstrong at cec@coloradomesa.edu

4. 2508 Blichmann Avenue, Building B  
   Grand Junction, CO 81505

Financial Planning & Retirement • Fitness & Health 

OPPORTUNITIES FOR LIFELONG LEARNING
Holiday Gifts of Essential Oils

Come learn about the therapeutic benefits of essential oils, and make three types of gifts that you can give away to family or friends, or gift to yourself! We’ll make a holiday blend of essential oils for the diffuser, a lovely scented topical blend and a therapeutic aromatic bath salt. Recipes will be provided so you can make more on your own at home!

Instructor: .......................................................... Carpenter
Fee: ..................................................................... $49
Materials Fee: ........................................................ $15

OPTION 1
Date: .......................................................... November 30
Day: ............................................................. Monday
Time: ........................................................ 6–8pm

OPTION 2
Date: .......................................................... December 7
Day: ............................................................. Monday
Time: ........................................................ 6–8pm

OPTION 3
Date: .......................................................... December 14
Day: ............................................................. Monday
Time: ........................................................ 6–8pm

Hormone Balance with Essential Oils

Hormones regulate every system in the body. There are hormones to sleep and awaken, hormones to run from tigers, hormones to build bone and tear down bone, hormones to make you hungry or slow appetite, and on and on. Some essential oils act like hormones, while others stimulate the production of hormones. Essential oils affect physical, physiological, psychological, emotional and spiritual wellbeing. Learn how to use them to improve your health.

Instructor: .......................................................... Carpenter
Fee: ..................................................................... $49

OPTION
Date: .......................................................... November 23
Day: ............................................................. Monday
Time: ........................................................ 6–8pm

Micro-Habits for Weight Loss

Small, healthy, weight loss habits that stick with you and that don’t rely on willpower or motivation – sounds too good to be true. But it is true, and a possibility for you! Due to recent neurobiological and behavioral research, we now understand how to make weight loss stick with no motivation or willpower needed. Come learn how to lose weight and keep it off – no dieting, no drugs, no kidding!

Instructor: ........................................................... Leon
Fee: ..................................................................... $59

OPTION 1
Date: .......................................................... October 3
Day: ............................................................. Saturday
Time: ........................................................ 9am–12pm

OPTION 2
Date: .......................................................... November 7
Day: ............................................................. Saturday
Time: ........................................................ 9am–12pm

Osteoporosis Holistic Prevention and Management

One in four post-menopausal women have osteoporosis (OP). OP is second only to heart disease as a global health care problem. Risk of dying from hip fracture (often the first indication of OP) is equal to breast cancer for women over 50 years of age. Yet, eight in ten women deny personal risk, and simple calcium supplementation is not enough to stave off this painful, debilitating and costly disease. In this class, participants will learn risk factors and different theories on prevention and optimizing bone strength and minimizing the loss of bone density with proper nutrition.

Instructor: .......................................................... Carpenter
Fee: ..................................................................... $49

The Science of Essential Oils

Essential oils are up to 70 times stronger than herbs. It would take 28 cups of peppermint tea to equal the strength of one drop of quality peppermint oil. There are oils that are antibacterial, antiviral, and anti-fungal; oils that help ease breathing issues and minimize seasonal irritations; oils known to reduce minor discomfort, aches and pains; oils that combat free radicals and provide antioxidant support; and oils that ease occasional indigestion and help maintain gastrointestinal health. You name it; there is an oil for that. Learn the science behind the oils and know what oils to use when.

Instructor: .......................................................... Carpenter
Fee: ..................................................................... $49

OPTION
Date: .......................................................... October 26
Day: ............................................................. Monday
Time: ........................................................ 6–8pm

OPTION 1
Date: .......................................................... September 19
Day: ............................................................. Saturday
Time: ........................................................ 9am–12pm

OPTION 2
Date: .......................................................... October 17
Day: ............................................................. Saturday
Time: ........................................................ 9am–12pm

OPTION 3
Date: .......................................................... November 14
Day: ............................................................. Saturday
Time: ........................................................ 9am–12pm

Stress Management Workshop

Stress can affect your body, your thoughts and feelings, and your behavior. Stress that is left unchecked can also contribute to many health problems. This workshop will teach you simple techniques to calm the stress response. These tools will help prevent disease, sharpen mental clarity, boost energy and improve your overall quality of life.

Instructor: ........................................................... Cullinane
Fee: ..................................................................... $49

OPTION 1
Date: .......................................................... September 30
Day: ............................................................. Wednesday
Time: ........................................................ 12:30–2:30pm

OPTION 2
Date: .......................................................... November 4
Day: ............................................................. Wednesday
Time: ........................................................ 12:30–2:30pm

Super Immunity for the Holidays

The holidays should be a time of celebration. There are many ways that you can boost immunity and support overall health. In this class you will learn things that challenge your immune system and make you more susceptible to the bugs that we are all exposed to. More importantly, you will learn ways to elevate immunity and stay immune strong during the holidays and beyond so that your body has a better chance of resisting infection. You will also learn what to do to shorten the duration and intensity of symptoms if you do get sick.

Description continues on next page.
Come learn what supplies you should have on hand for robust immunity before exposure in this beneficial class.

Instructor: ............................................................. Carpenter
Fee: .................................................................... $109

OPTION
Date: ............................................................. November 16
Day: ............................................................. Monday
Time: ............................................................. 6–8pm

Tai Chi Chuan: 24 Posture Simplified Yang Form

The easy to learn, Tai Chi Chuan-24 Posture Simplified Yang Form is the most popular Tai Chi Chuan sequence. It is suitable for both young and old, bringing health benefits through gentle stretching, flexing and softly twining the joints, exercising both the body and mind. The class aims to give beginners an introduction to the essential elements of Tai Chi Chuan, while integrating traditional aspects of longer hand forms. This Tai Chi form is the most practiced worldwide.

Instructor: ............................................................. Barnes
Fee: .................................................................... $239

OPTION 1
Date: ... September 14, 16, 18, 21, 23, 25,
28, 30, October 2, 5, 7, 9
Day: ... Mondays, Wednesdays, Fridays
Time: ... 7:30–9pm

OPTION 2
Date: ........ October 26, 28, 30,
November 2, 4, 6, 9, 11, 13, 16, 18, 20
Day: ... Mondays, Wednesdays, Fridays
Time: ... 7–8:30pm

Adobe Illustrator: Basic

A hands-on and detailed introduction to the basic tools, tricks and aspects of Adobe Illustrator, a powerful and unique graphics program used for vector-based design. Learn how to apply a basic understanding of Illustrator to projects like logo design, illustrations, print pieces, graphic design and more. The class will include tips in working with digital art as well as project-mirroring exercises, and will utilize Adobe Illustrator CC.

Instructor: ............................................................. Gibson
Fee: .................................................................... $109

OPTION
Date: ... September 21, 23, 28, 30
Day: ... Mondays, Wednesdays
Time: ... 6–8pm

Adobe InDesign: Basic

Learn how to make simple design layouts using Adobe InDesign CC, an effective software application that allows professional designers to produce layouts for posters, fliers, brochures, magazines and many other print pieces. Topics will include interface, layouts, importing graphics, setting up pages, editing type and using InDesign in concert with other Adobe programs. This class will give you enough understanding to begin creating print pieces with confidence.

An understanding of Photoshop or Illustrator is not required, however an understanding of one or both will make this class more effective.

Instructor: ............................................................. Gibson
Fee: .................................................................... $109

OPTION
Date: ............................................................. October 12, 14, 19, 21
Day: ............................................................. Mondays, Wednesdays
Time: ............................................................. 6–8pm

Jethro Tull: Sowing Revolution in the Grand Valley

Jethro Tull’s technological and scientific revolution of 1631 essentially remains state of the art today. A story filled with industrial sabotage, international diplomatic incidents and intrigue, rebellion, sedition, piracy and profit, his mechanical and scientific genius allowed anyone to begin a new business for greater financial independence — and political freedom. Tull helped shape the American revolution, and sparked the industrial age. Hear his story, read his own words for yourself and you will see their relevance today, here in the grand valley. In the second half of this class, students are also provided an introduction to Tullian agricultural methods.

Instructor: ........................................................... Brachfeld
Fee: ..................................................................... $49

OPTION
Date: ..................................................... September 26
Day: ............................................................. Saturday
Time: ............................................................. 9–11am

Career Training & Micro Credentials

These programs are developed in collaboration with industry experts, employers and associations, providing students with a course of study that will prepare them to successfully transition to the workplace after graduation. They all can be completed online through an academic partnership with an industry leader in the program.

Description continues on next page.
Remote via Zoom

For more information give us a call at 970.255.2800 or view these programs and get more information through the following website: partner.careerstep.com/wccc.

Computer Technician

This expert-designed program will prepare students to work with hardware, software, networks and security issues. Students will gain the knowledge and skills needed to earn CompTIA A+ certification. Certification exam vouchers are included with the program.

Fee: .................................................................. $1,999

Dental Assistant with Externship

The Dental Assistant program is a fun and engaging program that will prepare you to get certified and course in the dental industry. As a dental assistant you can earn a great income and develop professionally in a field experiencing continual growth. Dental assistants find their jobs extremely satisfying because they interact with new people every day and help them achieve a beautiful smile. Course includes an RHS voucher.

Fee: .................................................................. $3,999

Hemodialysis Technician Program with Externship

The Hemodialysis Technician program will prepare you to provide dialysis treatment to patients, monitor vital signs, administer dialysis medications and more. This program prepares you for an entry level position as a hemodialysis technician with future opportunities for leadership and additional medical care positions along the career path. Course includes a BONENT voucher.

Fee: .................................................................. $3,599

Medical Billing

Medical billing professionals are an integral part of the healthcare industry, as they work directly with insurance companies, healthcare providers and patients to get medical claims processed and paid. This includes managing claim denials and handling appeals if necessary. This online course will prepare students to work in a variety of healthcare facilities.

Fee: .................................................................. $2,999

Medical Transcription Editor

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory. Enrollment includes eBooks, a transcription foot pedal, an AHDI membership and a voucher to take the RHDS exam.

Fee: .................................................................. $3,199

Patient Care Technician

The Patient Care Technician with Externship program prepares you to assist doctors, nurses and other medical professionals with the care of sick and injured patients. As the need for medical workers continues to grow, patient care technicians are becoming even more vital for an excellent healthcare experience. Course includes a voucher for one of three national certification exams.

Fee: .................................................................. $3,099

Pharmacy Technician (ASHP/ACPE) Program

The Pharmacy Technician program prepares students for the Pharmacy Technician Certification Board (PTCB) Exam. The course connects students with an externship partner so they can fulfill graduation requirements. In addition to one-on-one instructor support, students will receive a lab kit, eBooks and an exam voucher.

Fee: .................................................................. $2,999

Professional Medical Coding and Billing

Medical coding and billing professionals translate medical records into standardized codes used to bill patients and third-party payers such as insurance companies and Medicare. This comprehensive Professional Medical Coding and Billing program will provide students with a healthcare knowledge base, and will train you to use all of these codes—CPT, HCPCS, and ICD-10 including an optional PCS procedural code set. Enrollment includes eBooks, codebooks and a certification exam voucher.

Fee: .................................................................. $3,699

Languages

Intro to Japanese: Level 1

Would you like to carry on a simple conversation in Japanese? Learn and practice the fundamentals of the spoken Japanese language that will prepare you for traveling in Japan, hosting Japanese guests or just learning to speak and understand conversational Japanese. This class is intended to lay the foundations of the Japanese spoken language. We will not go in depth with the Japanese writing systems. We will primarily focus on building Japanese sentences and understanding basic grammar to build sentences.

Instructor: .............................................................. Bailly

Fee: .................................................................. $199

OPTION

Date: ........................................................... September 15, 17, 22, 24, 29, October 1, 6, 8
Day: ............................................................ Tuesdays, Thursdays
Time: ............................................................ 5:30–7pm

American Sign Language

This course offers beginning study of American Sign Language, emphasizing foundational knowledge of Deaf community, culture, and history, as well as basic vocabulary, beginner grammatical structure, and basic comprehension and conversational skills. This will be a fun and interactive class where you are exposed to a world of visual language.

Instructor: ............................................................... Hein

Fee: .................................................................... $159

OPTION

Date: ........................................................... October 19, 26, November 2, 9, 16, 23
Day: ............................................................ Mondays
Time: ............................................................ 6–7:30pm
**Intro to Japanese: Level 2**

Know a little bit of Japanese already, but want to refine what you know? This course is designed to build off of Intro to Japanese: Level 1 and expand your vocabulary and mastery of the Japanese language. This class is intended to expand foundations of the Japanese spoken language. We will not go in depth with the Japanese writing systems. We will primarily focus on building Japanese sentences and understanding basic grammar to build sentences and vocabulary.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bally</td>
<td>$199</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 12, 14, 19, 21, 26, November 2, 4</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays, Wednesdays</td>
</tr>
<tr>
<td>Time:</td>
<td>3:30–5pm</td>
</tr>
</tbody>
</table>

**Spanish for Health Care Workers**

This course is fun and practical! It is helpful for nurses, MDs, dentists, hospital techs, aides and support staff who want to learn basic Spanish medical phrases to improve communication with patients. Students will engage in multiple scenarios commonly seen in medical settings. Some knowledge of Spanish is desirable, but not a prerequisite.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>P. Lynch</td>
<td>$199</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>September 14, 21, 28, October 5, 12, 19, 26, November 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays</td>
</tr>
<tr>
<td>Time:</td>
<td>5:30–7pm</td>
</tr>
</tbody>
</table>

**Spanish Conversation: Level 1**

This is a great place to start learning Spanish for travel or business. This fun, interactive class introduces you to basic vocabulary, language "sounds" and conversation.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colbert</td>
<td>$199</td>
</tr>
</tbody>
</table>

**OPTION 1**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 12, 14, 19, 21, 26, 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays, Wednesdays</td>
</tr>
<tr>
<td>Time:</td>
<td>3:30–5pm</td>
</tr>
</tbody>
</table>

**OPTION 2**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 12, 14, 19, 21, 26, 28</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays, Wednesdays</td>
</tr>
<tr>
<td>Time:</td>
<td>5:30–7pm</td>
</tr>
</tbody>
</table>

**Basic Music Theory: Level 1**

This is the first of a four-class series that takes students through the basics of reading and notating music through composing and harmonizing a melody. You do not need to play an instrument to benefit from this course. Basic Music Theory: Level 1 starts with the staff, time signatures, note values, pitch and training your ear so you can “hear” what you see.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. Devereux</td>
<td>$159</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 13, 20, 27, November 3, 10, 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Time:</td>
<td>5–7pm</td>
</tr>
</tbody>
</table>

**Basic Music Theory: Level 2**

This class builds on Basic Music Theory: Level 1, and will focus on scales, key signatures and intervals. We will build on the rhythmic base we learned in Level 1 and add new note values and complexity. We will also continue to train and develop your ear. It is strongly recommended that you take Basic Music Theory: Level 1 before taking this course or meet with the instructor to see if this is an appropriate starting place for you.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. Devereux</td>
<td>$159</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 12, 19, 26, November 2, 9, 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays</td>
</tr>
<tr>
<td>Time:</td>
<td>5–7pm</td>
</tr>
</tbody>
</table>

**Basic Music Theory: Level 3A**

This class builds on Levels 1 & 2, and will cover major and minor chords, inversions, transposing, harmonizing and composing simple melodies. It is strongly recommended that you take Basic Music Theory: Level 2 before taking this course, or meet with the instructor to see if this is an appropriate starting place for you. Because of the complexity of the content, Level 3 has been divided into Level 3A and 3B, to allow students time to practice and understand the material in depth.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. Devereux</td>
<td>$159</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 12, 19, 26, November 2, 9, 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Mondays</td>
</tr>
<tr>
<td>Time:</td>
<td>5–7pm</td>
</tr>
</tbody>
</table>

**Basic Music Theory: Level 3B**

This class is a continuation of Basic Music Theory: Level 3A, and will cover major and minor chords, inversions, transposing, harmonizing and composing simple melodies. It is strongly recommended that you take Basic Music Theory: Level 2 and 3A before taking this course, or meet with the instructor to see if this is an appropriate starting place for you.

<table>
<thead>
<tr>
<th>Instructor</th>
<th>Fee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>L. Devereux</td>
<td>$159</td>
</tr>
</tbody>
</table>

**OPTION**

<table>
<thead>
<tr>
<th>Date:</th>
<th>October 13, 20, 27, November 3, 10, 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day:</td>
<td>Tuesdays</td>
</tr>
<tr>
<td>Time:</td>
<td>7–9pm</td>
</tr>
</tbody>
</table>
Beginning Bass Guitar

If you've always wanted to learn to play the bass guitar, now's your chance! This class will cover all the important fundamentals to playing bass guitar in a fun environment! You'll learn chord structure, basic music reading, common bass lines, how to compose bass lines and how to play in a group. Once you have a grasp of the basics, you'll be able to play in any style, including rock, blues, jazz and country. Get ready to jam!

Instructor: ............................................................ Nohe

Fee: .................................................................... $129

OPTION

Date: ................................................. October 13, 15, 20, 22, 27, 29, November 3, 5
Day: ............................................................ Tuesdays, Thursdays
Time: ............................................................ 7–8pm

Fingerstyle Guitar 1

Are you a beginning guitarist who would rather use your fingers than a pick? Then Fingerstyle Guitar: Level 1 is the class for you! We will begin with basic chords used in a fingerstyle context along with important fundamentals including posture, tuning, hand position and more. Next we will study fingerstyle techniques including arpeggio, Travis and “block” style using popular folk/rock songs as examples for practice. Completion of a beginning guitar class and/or prior experience with basic chords/ chord transitions is strongly recommended.

Required supplies include an acoustic guitar, electronic tuner, capo and a 3-ring binder.

Instructor: ............................................................ Thornhill

Fee: .................................................................... $149

OPTION

Date: ................................................. October 12, 19, 26, November 2, 9, 16
Day: ............................................................ Mondays
Time: ............................................................ 6–8pm

Beginning Mandolin

For beginners to playing an instrument, the mandolin is a great option for starting your musical journey. This class is intended for those who have never played a mandolin or have been frustrated trying to learn. In this class we will cover the basics of playing the mandolin, learning skills such as holding a pick, tuning, rhythm and playing in time, and how and what to practice. We will learn some easy songs with finger-friendly chords, and gain experience playing with other musicians.

Students should have access to a mandolin to use in class and for practice, and an electronic tuner. While not required, a music stand can be helpful.

Instructor: .......................................................... Quesenberry

Fee: .................................................................... $109

OPTION

Date: ................................................. September 12, 14, 21, 23, 28, 30, October 5, 7
Day: ............................................................ Mondays, Wednesdays
Time: ............................................................ 7–8pm

Beginning Guitar

Do you think the guitar may be the instrument for you? Enroll in our Beginning Guitar class and find out! This class is intended for those who have never played guitar or who have been frustrated trying to learn. We will cover the basics of playing the guitar, learning skills such as holding a pick, tuning, rhythm and playing in time, and how and what to practice. We will learn some easy songs with finger-friendly chords and gain experience playing with other musicians.

Students should have access to a guitar to use in class and for practice, and an electronic tuner. While not required, a music stand can be helpful.

Instructor: .......................................................... Quesenberry

Fee: .................................................................... $109

OPTION

Date: ................................................. September 30, October 7, 14, 21, 28, November 4
Day: ............................................................ Wednesdays
Time: ............................................................ 6–7pm

Beginning Violin

This course is for those who are new to playing the violin, and for those who used to play and want to brush up on their basic technique. We will cover the important basics of playing the violin, including bow grip and movement, left hand fingerings, and basic music reading. Learning these basic techniques will allow you to play many different styles of music! Begin your journey to the lifelong enjoyment of violin playing!

Instructor: .......................................................... Nohe

Fee: .................................................................... $129

OPTION

Date: ................................................. November 9, 11, 16, 18, 23, 30, December 2, 7 (no class November 25)
Day: ............................................................ Mondays, Wednesdays
Time: ............................................................ 7–8pm
Outdoor Recreation

Bicycle Maintenance

In this hands-on class, students will learn several important skills needed for proper bicycle maintenance and repair. Skills learned will include how to repair a tube/tire, gear and brake adjustments and lubrication, chain removal, bearing adjustments, wheel true, and no hydraulic brake over-hauling or shock over-hauling. Students will also learn how to choose the right bike based on size and fit.

Class will be held at Brown Cycles, 549 Main Street. Students should bring their own bicycle to class.

Instructor: .............................................................. Brown
Fee: ..................................................................... $59

OPTION
Date: ............................................................. September 22
Day: ............................................................... Tuesday
Time: .............................................................. 7–9pm

Fly Fishing: Level 1

This course covers the basics of fly-fishing. You will be introduced to selecting the right equipment, types of fly-fishing, types of flies and their use, knots and the basic cast. This course is designed to get you started with confidence on your journey into the world of fly-fishing. We will be practicing casting even on the first day. Therefore, if you have a rod, reel and line plan to bring it. The instructor will have a few extra sets available for use throughout the course if needed.

Instructor: .............................................................. Barto
Fee: ..................................................................... $119

OPTION
Date: ............................................................. September 22, 24, 26
Day: ............................................................... Tuesday, Thursday, Saturday
Time: .............................................................. 6–9pm (Tuesday, Thursday), 1–4pm (Saturday)

Fly Fishing: Level 2

This class builds on Fly-fishing: Level 1 or your basic understanding and knowledge of fly-fishing. We will cover the importance of stealth and strategy and types of waters that hold trout, types of trout and their feeding behaviors, and matching the hatch. We will learn new casts and techniques that will help maximize your potential for success. The importance of an understanding of limnology and entomology will be addressed.

Bring a fly rod and reel to the first class if you can.

Instructor: .............................................................. Barto
Fee: ..................................................................... $119

OPTION
Date: ............................................................. November 10, 12, 14
Day: ............................................................... Tuesday, Thursday, Saturday
Time: .............................................................. 6–9pm (Tuesday, Thursday), 10am–1pm (Saturday)

Wilderness Navigation Using Map & Compass

A fun and informative course that will teach you how to navigate the backcountry of Western Colorado with just a map and compass. Unlike GPS, a map & compass work in snow, fog, rain, deep valleys, slot canyons and dense forests and their batteries never die. Topics covered will include: UTM grid system, declination, establishing and following a bearing, coordinate position and triangulation. This class can be useful to anyone who wants to spend time navigating cross-country/off trail. The “final exam” is a field exercise on the last day of class.

Instructor: .............................................................. L. Devereux
Fee: ..................................................................... $139
Workbook Fee: .................................................. $15 (payable to the instructor on the first night of class)

OPTION
Date: ............................................................. October 14, 15, 21, 22, 28, 29
Day: ............................................................... Wednesday, Thursdays
Time: .............................................................. 7–9pm

Wilderness Navigation Using GPS

This course is designed for anyone who ventures off the beaten path and intends to rely on a GPS device as a navigational aid. This includes day hikers, single-track enthusiasts, hunters, fishermen, horsemens and even SAR personnel. It is intended as a companion course to Wilderness Navigation Using Map and Compass. This is an in-depth course, not just a quick overview. Proficiency with GPS can add to your enjoyment of the back country. You will have more fun outdoors if you are not afraid of getting lost! The “final exam” is a field exercise on the last day of class. Bring your GPS to the first class if you have one.

Instructor: .............................................................. Barto
Fee: ..................................................................... $119

OPTION
Date: ............................................................. October 15, 16, 17
Day: ............................................................... Thursday, Friday, Saturday
Time: .............................................................. 6–9pm (Thursday, Friday), 10am–1pm (Saturday)

Personal Growth

Grammar Confidence PLUS

Is it who or whom? Do I really need a comma there? These questions continue to vex and confound those who have not had the opportunity to understand how all of those rules and pieces go together. Fortunately, now there is a way to look at the big picture and see how it all fits together in a relatively simple way. Grammar is a mainstay of clear and professional writing. Even in casual situations, using words well makes a good impression on those who read your messages. You owe it to yourself to take a couple of weeks to examine this interesting subject and clarify your understanding, so that you can write with confidence.

Instructor: ................................................................. L. Devereux
Fee: ..................................................................... $139
Workbook Fee: .................................................. $15 (payable to the instructor on the first night of class)

OPTION
Date: ............................................................. October 14, 15, 21, 22, 28, 29
Day: ............................................................... Wednesday, Thursdays
Time: .............................................................. 7–9pm

Music • Outdoor Recreation • Personal Growth
Grammar Artistry

This class is the next step after Grammar Confidence PLUS. We will delve into how to use our knowledge of grammar to arrange our sentences and paragraphs for maximum meaning and effect. We will go into the nuances of effective writing and what role grammar has in aiding this process. We will continue using the workbook from Grammar Confidence PLUS.

PREREQUISITE: Grammar Confidence Plus

Instructor: ............................................................. L. Devereux
Fee: ................................................................. $139

OPTION
Date: ......................................................... November 4, 5, 11, 12, 18, 19
Day: ............................................................. Wednesdays, Thursdays
Time: ............................................................. 7–8:30pm

Art Therapy for Grief and Loss

Have you experienced a significant loss in your life? The loss of a loved-one, a job or our health can be very traumatizing, and it can be difficult to move past that trauma and begin to heal. Art is a beautiful way to ease your pain and heal your heart. No art skills are required, and all supplies are provided.

Instructor: ............................................................. Wilson
Fee: ................................................................. $119
Materials Fee: .............................. $5 (payable to the instructor on the first day of class)

OPTION
Date: ......................................................... September 16, 23, 30, October 7, 14, 21
Day: ............................................................. Wednesdays
Time: ............................................................. 7–8:30pm

Dream Interpretation

This class will explore the power of our dreams. Techniques for recall, recording and classifications of different kinds of dreams will be covered. We will learn about universal and personal symbolism, and the relevance of dreams for your personal and professional life.

Instructor: ............................................................. Wilson
Fee: ................................................................. $119

OPTION
Date: ......................................................... September 14, 21, 28, October 5, 12, 19
Day: ............................................................. Mondays
Time: ............................................................. 7–8:30pm

Algebra Without the Math

Algebra is an exquisite philosophy, with profound implications and applications to art, science, business and spirituality. However, it can be challenging to those who experience difficulty with mathematics. Students will learn how to understand, accomplish and apply the essential skills of algebra using pictures, blocks, physical props and other visual aids.

Instructor: .......................................................... Brachfeld
Fee: ................................................................. $59

OPTION
Date: ......................................................... September 30
Day: ............................................................. Wednesday
Time: ........................................................... 5:30–7:30pm

Photography

Basic Digital Photography

This class is for cameras with interchangeable lenses. This class will also teach you about auto and program modes, why your camera shoots different file types and why you would use them. We will talk about some of the menu settings and how you might want to set yours. We will discuss the different auto focus settings your camera may have, and why one may be better for you than another. Your questions will be answered as you move forward in the world of digital photography.

Instructor: .......................................................... Davenport
Fee: ................................................................. $119

OPTION
Date: ............................................................. September 22, 24
Day: ............................................................. Tuesday, Thursday
Time: ............................................................. 6–8pm

Digital Photography: Beyond the Basics

This class will take you past the basics of using your digital camera with interchangeable lens. The instructor will spend hands-on time with you explaining menu functions, modes, lighting, lens types, and printing your images. This class is perfect for the person who knows how to take pictures, but wants to go beyond the basics to create images with their digital camera. Be sure your batteries are charged or you have a spare, and you have your owner’s manual. If you do not have a good working knowledge of your camera, please take the class prior to this one.

Instructor: .......................................................... Davenport
Fee: ................................................................. $119

OPTION
Date: ........................................................... October 5, 7, 9
Day: ............................................................. Monday, Wednesday, Friday
Time: ............................................................. 6–8pm

Portrait Photography

This class is designed to teach basic portraiture: from basic to advanced lighting techniques, both in the studio and on location, posing, proper lens selection and camera settings. We will also discuss the psychology of photographing people. Students should bring their cameras, lenses, flash cards and tripod and lighting equipment, if owned.

Instructor: .......................................................... Davenport
Fee: ................................................................. $119

OPTION
Date: ........................................................... October 19, 21, 23
Day: ............................................................. Monday, Wednesday, Friday
Time: ............................................................. 6–8pm
Lightroom Software: Basics & Beyond

Lightroom (LR) software is the premier editing software for photographers. It is extremely powerful but can be daunting to those who haven’t worked with it. This class will give a basic overview of the software, details of the filing system and the modules available in the software. There will be hands on work where students can learn and practice editing sample images, with guided instruction. Participants will also be able to practice on their own digital images with the help and input of the instructor.

Students should bring their laptop with Lightroom Classic version of the program loaded.

Instructor: ........................................................... Davenport
Fee: .................................................................... $119

OPTION

Date: .............................................................. October 26, 28, 30
Day: ................................................ Saturday
Time: ......................................................... 7–9pm

Comparing Religions: Extremism to Tolerance

Compare 10 different religions to understand theism, atheism and non-theism: students virtually tour important religious and cultural sites from around the world, sample religious music, and gain a broad understanding of history, present practice, and current developments of the world’s major religions.

Instructor: ........................................................... Brachfeld
Fee: .......................................................... $119

OPTION 1
Date: ................................................... October 12, 13, 14, 15, 16
Day: ................................................ Monday–Friday
Time: ..................................................... 5:30–7pm

OPTION 2: Condensed
Date: ................................................... November 14
Day: ................................................ Saturday
Time: ..................................................... 9am–12pm

Religious Basis of Yoga in Hinduism & Buddhism

No prior physical training is required. Students will learn the ancient and current Dharmic practices of Hinduism and Buddhism as context for understanding the religious purposes of Yoga through its “secret” knowledge, and how to apply that secret knowledge to their daily studio practice. All students will be provided guided practice.

Instructor: ........................................................... Brachfeld
Fee: .......................................................... $119

OPTION 1
Date: ................................................... September 21, 22, 23, 24, 25
Day: ................................................ Monday–Friday
Time: ..................................................... 5:30–6:30pm

OPTION 2: Condensed
Date: ................................................... October 3
Day: ................................................ Saturday
Time: ..................................................... 9am–12pm

The World’s Winter Holidays

Compare how different religions celebrate winter and the other seasons. From the paleolithic to our modern age here in Grand Junction, students will understand festivals, sample religious music and develop a broad understanding of the spirit of the season.

Instructor: ........................................................... Brachfeld
Fee: .................................................................... $119

OPTION 1
Date: ................................................... December 2
Day: ................................................ Wednesday
Time: ..................................................... 2–4pm

OPTION 2:
Date: ................................................... December 12
Day: ................................................ Saturday
Time: ..................................................... 9–11am

Business & Industry Safety Compliance Training

If you don’t see a class that works for your company, please contact WCCC at 970.255.2800 for additional dates or to customize a date for your company in Grand Junction or Montrose.

Instructor: .......................................................... Pavelka

8-Hour HAZWOPER Refresher

This course is for employees trained in hazardous waste operations or who are exposed or could potentially be exposed to hazardous substances or health hazards and are required to attend a yearly refresher course as mandated by OSHA 29 CFR 1910.120. Verification of an 8-hour, 24-hour or 40-hour class required.

Fee: .................................................................... $150

OPTION 1
Date: ................................................... October 1
Day: ................................................ Thursday
Time: ..................................................... 8am–5pm

OPTION 2
Date: ................................................... November 19
Day: ................................................ Thursday
Time: ..................................................... 8am–5pm

BBP Only (Bloodborne Pathogens)

One-hour training, with certification cards issued on day of class upon completion. Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association.

Fee: .................................................................... $40

OPTION 1
Date: ................................................... October 22
Day: ................................................ Thursday
Time: ..................................................... 8–9am

OPTION 2
Date: ................................................... December 3
Day: ................................................ Thursday
Time: ..................................................... 8–9am
FALL 2020 CATALOG NON-CREDIT COURSES

Confined Space Entry Awareness

Participants will learn about applicable OSHA standards (29 CFR 1910 & 1926), responsibilities, key terminology, and identifying permit-required v. non-permit required spaces, personal protective equipment, physical and atmospheric hazards, air monitoring, and permits. Certificate of Completion will be awarded to participants who pass the written test.

Fee: .............................................................. $99

OPTION 1
Date: ............................ October 2
Day: ................................. Friday
Time: ................................. 9–11am

OPTION 2
Date: ............................ November 20
Day: ................................. Friday
Time: ................................. 9–11am

First Aid/CPR/AED/BBP

One-day training, with certification cards issued upon completion of the class for First Aid/ CPR/AED and BBP (Medic First). Medic First is internationally recognized and is equivalent to American Red Cross and American Heart Association programs.

Fee: .............................................................. $100

OPTION 1
Date: ............................ October 22
Day: ................................. Thursday
Time: ................................. 8am–1pm

OPTION 2
Date: ............................ December 3
Day: ................................. Thursday
Time: ................................. 8am–1pm

OSHA 10-Hour, General Industry

This 10-hour course provides an excellent introductory course for all employees working in general industry including oil and gas. It also provides an appropriate review for experienced managers and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes, but is not limited to, the following topics: OSHA Act, Focus Four, health hazard, PPE, general safety provisions (e.g., tools and working surfaces), electrical safety, plus other topics.

Fee: .............................................................. $150

OPTION 1
Date: ............................ November 17, 18
Day: ................................. Tuesday, Wednesday
Time: ................................. 8am–8pm (first day), 8am–12pm (second day)

Respirable Silica Awareness in Construction

This safety course discusses the basics of silica and respirable silica encountered during construction activities, identifies health hazards associated with exposure, and discusses construction tasks that could result in exposure, and reviews control measures that can be implemented to protect workers from exposure including engineering controls, work practices, and respirators. An OSHA 10 completion card will be issued by OSHA after the successful completion of class activities.

Fee: .............................................................. $50

OPTION 1
Date: ............................ October 6
Day: ................................. Tuesday
Time: ................................. 9–11am

OPTION 2
Date: ............................ November 13
Day: ................................. Friday
Time: ................................. 9–11am

OSHA 10-Hour, Construction

This 10-hour course provides an excellent introductory course for all employees working in construction industries. It also provides a safety review for experienced personnel and supervisors of OSHA regulations, including recent or upcoming changes. The course content meets the OSHA requirements and includes, but is not limited to, the following topics: OSHA Act, Focus Four (falls, electrocution, struck-by and caught-between), PPE, health hazards/hazardous materials in construction, hand and power tools, stairs and ladders, excavation and ergonomics plus other topics. An OSHA 10 completion card will be issued by OSHA after the conclusion of class activities.

Fee: .............................................................. $150

OPTION 1
Date: ............................ September 29, 30
Day: ................................. Tuesday, Wednesday
Time: ................................. 8am–5pm (first day), 8am–12pm (second day)

OPTION 2
Date: ............................ December 1, 2
Day: ................................. Tuesday, Wednesday
Time: ................................. 8am–5pm (first day), 8am–12pm (second day)
WCCC’s Community Education Center presents

Learn from the comfort of home!

24-Hour Access
Discussion Areas
6 Week Format

Our online courses are informative, fun, convenient, affordable and highly interactive. We focus on creating supportive communities for our learners.

Classes include:
• Quickbooks
• Writing Essentials or Write Fiction Like a Pro
• Grammar/Writing for ESL
• Get Assertive!
• Homeschool with Success
• Intro to Photoshop
• Mastering Public Speaking
• Twelve Steps to a Successful Job Search
• Photographing Nature

ONLINE PROFESSIONAL AND PERSONAL ENRICHMENT

Instructor Led
Flexible Schedules
Affordable
Books Included

coloradomesa.edu/cec

LIFELONG LEARNING

DISCOUNT!
Lifelong learners age 70+ are eligible for a 15% discount on all non-credit courses! (Online courses are excluded.)

ASK ABOUT IT TODAY!
Call the Community Education Center at 970.255.2800 to register for classes and receive the discount.
OPPORTUNITIES FOR LIFELONG LEARNING

ENROLL NOW

REGISTERING FOR CEC NON-CREDIT COURSES

THERE ARE FOUR EASY WAYS TO REGISTER:

1. coloradomesa.edu/cec
   Click on the blue “Register Online” button, pick the category and add classes.

2. 970.255.2800
3. Kurtis Armstrong at cec@coloradomesa.edu

4. WCCC Community Education Center
   2508 Blichmann Avenue, Building B
   Grand Junction, CO 81505

REGISTERING FOR WCCC CREDIT COURSES

TO LEARN MORE AND APPLY FOR ADMISSION:

Contact a Student Services advisor to learn more, get your questions answered and begin your application.
Visit wccc.coloradomesa.edu/apply or call 970.255.2670 today.

wccc.coloradomesa.edu
970.255.2670 or 888.455.2617

WHERE ARE WE LOCATED?

2508 Blichmann Avenue
Grand Junction, CO 81505

CLASSES START THE WEEK OF SEPTEMBER 14.

BISHOP CAMPUS

ASK ABOUT OUR LIFELONG LEARNING
70+ SENIOR DISCOUNT!
SEE PAGE 23 FOR MORE DETAILS