

Personal Enrichment & Growth

The Brain Class – A Blueprint for Brain Fitness

- Competing in this ever changing job market, your brain needs to function not only at its energetic peak, but at its creative peak as well.
- Active older adults need to keep their brains nourished, active and alert
- Students need to know how to learn best and retain the information.

How can you do this? Improve your brain's fitness. Learn "smart move" exercises to boost your mental focus and create healthier brain cells. Learn how healthy food choices can make a difference in quality, performance and creativity of your brain function. Gain a competitive edge by excelling in the problem solving, communication and creativity.

This class qualifies for 3 clock hours of CEU's from NCCAP (National Certification Council for Activity Professionals)

Date: Jan 30
50126 Sat 9:00am-12:00pm \$35*

Material fee: \$30. Receive "The Brain Book" "Body Moves for Brain Fitness" and "Collective Works of Current Research."
 Instructor: Deborah Harper

How to be Successful Despite a College Degree

The world has changed; the economy has changed, and having a college degree no longer guarantees you anything. If you've graduated, are about to graduate, or are the parents of a graduate, you're understandably concerned about the future prospects for employment, housing and life in general. College taught you everything about your major but little about life, careers, family and your own economic and emotional independence. The answers are out there but in today's economy, you have to look hard to find them. That's why in this dynamic seminar, you'll learn how to address and find solutions to those concerns.

Session 1
Date: Feb 20
50162 Sat 11:00am-2:00pm \$39*

Session 2
Date: Apr 24
50163 Sat 11:00am-2:00pm \$39*

**Material Fee: A \$30 fee is payable in class for workbook & CD. Optional Materials: Parenting book for \$24.95 or 39.95 with CD.*
 Instructor: Ellen Gibran-Hesse



Who Do You Think You Are? (What you think you are is what you will become!)

Create the life you want! In this class you will take quizzes & be given assignments that will help you to discover your obstacles to a happy life. Instead of just telling you what to do, Kellie Nicholson's exercises will show you how. You will learn ways to clear the path to everything you want and the things that successful people know and do.

Date: Feb 8
50094 Mon 7:00-10:00pm \$35*
**Materials fee: \$10 workbook payable the first day of class.*
 Instructor: Kellie Nicholson

The Secrets to Finding MR. RIGHT

You're a great girl with a heart of gold, right? And YES, you have a generous soul, a zest for life and love to laugh, right? This is the best class for women...taught by a man! Confidence coach, singles expert and image consultant, Mark Aguirre, MBA presents an interactive and entertaining class for women that will teach you the proven and simple techniques to make you absolutely irresistible, considerably more attractive and allow you to instantly triple your chances for love and romance with quality men. Master the art of flirting, sending attractive body language signals and REALLY understand what men are thinking and how you can benefit!

★★★ **2 for 1 Special!** ★★★
Only \$39 for both Classes!
Bring a Friend and pay only \$59 for both

Confidence 101 – Get Them to Say YES

Master the Power of Killer Confidence Respond for a free confidence session! Don't panic if you're a little "rusty" in the social skills department. We can fix that up, pronto! It's time for a quick social "tune up" and to simply become more irresistible, more powerful and super confident in any social situation. Build instant chemistry and offer your gift of captivating conversation with ease. Understand what your body language is saying about you and how simple changes in non-verbal communication can transform you overnight! Boost your personal "sizzle", your level of respect from others and avoid those awful pitfalls that sabotage your attractiveness.

Date: Jan 30
50238 Sat 9:00am-12:00pm \$39* per person \$59* for two
**Materials Fee: \$15 payable to instructor on the first day of class.*
 Instructor: Mark Aguirre

Professional Development

How to Become a Mystery Shopper

Do you like to shop, eat out, go to the movies, have your hair styled, buy flowers or play golf? Mystery shopping is a splendid way to earn extra money and have fun at the same time. Shoppers receive assignments from companies that do business evaluations at a variety of businesses. This class will present an overview of how mystery shopping works, what types of assessment forms are used, do's and don'ts of completing an assignment, how to get into the "shoppers network," and how to avoid scams.

Date: Feb 11
50095 Thu 6:30-9:30pm \$45*
**Material Fee: \$20 payable to the instructor first day of class for book "How to Become a Mystery Shopper".*
 Instructor: Elaine Moran

Passing the Torch – Learn How to Transfer Knowledge from Your Senior Employees to Your New Ones

About one-third of the workforce will retire in the next three to five years. Be a good steward of your company's precious knowledge by learning the tools, techniques and habits necessary for ensuring that your experienced employees leave a legacy that will make a difference.

Session 1
Date: Mar 20
50256 Sat 8:00am-12:00pm \$75*

Session 2
Date: May 8
50257 Sat 8:00am - 12:00pm \$75*

**Material Fee: \$25 is payable to the instructor on the first day of class.*
 Instructor: Don Mrla

Labor & Employment Law 101

This course is designed to benefit every member of the community, from the small business owners to human resource managers working in mid to large size companies. The class will focus on executives, directors, supervisors and managers interested in obtaining job-related knowledge of the California and federal labor and employment laws. The subject matter will include discrimination, sexual harassment, hiring/firing and federal and state leave of absence.

Students who attend all sessions will receive a Certificate of Completion.

Date: Apr 9 & 23
50258 Fri 8:00am - 5:00pm \$89

Instructor: Soila Rodriguez