

Environmental, continued

Direct Reading Air Monitoring Equipment Course



This course is designed for all persons who work in an environmental related fields and would be required to take and/or interpret direct air monitoring readings at specific sites in the field. The students will learn about the following types of air monitoring equipment: Colorimetric Systems (i.e. Draeger, Sensidyne, etc.), Photo Ionizing Detectors (PIDs), Flame Ionizing Detectors FIDs), Combustible Gas Indicators (CGI's), Toxic Chemical Sensors, Oxygen Meters, Multi-gas Meters, and Radiation Detectors. The course will consist of a lecture presentation and hands-on activities and demonstrations with all equipment.

Date: Sep 18

T# 3063.6 Fri 8:00am - 3:00pm \$95/\$45

Fee: \$95 for general public or \$45 for current RHC students, only.

Must have proof of Rio Hondo enrollment.

Instructor: Jerry Earley

Location: RHC Science Bldg. S129

Dot Hazmat Training

This course is designed for all persons involved in the transportation of hazardous materials. Hazmat personnel would include the following employees: hazmat handlers, shippers and receivers, packaging personnel, hazmat storage staff, transporters, etc. All companies that store, ship, package, transport, mark, label, placard, or handle hazardous materials are required to be trained under DOT (49 CFR) training requirements.

Date: Nov 6

T# 3064.6 Fri 8:00am - 5:00pm \$95/\$45

Fee: \$95 for general public or \$45 for current RHC students, only.

Must have proof of Rio Hondo enrollment.

Instructor: Steve Katnik

Location: RHC Science Bldg. S129

CPR +AED Training

CPR and AED programs are designed to give the confidence to respond in an emergency situation with skills that can save a life. Our 4.5 hour "hands on" training class includes Cardiopulmonary Resuscitation (CPR) and use of an Automated External Defibrillator (AED). Every participant will receive the knowledge and skills to recognize and provide care in respiratory and cardiac emergencies, using the latest Adult CPR and emergency Cardiac Care guidelines. Participants will learn how to perform one rescuer CPR and how to operate an automated external defibrillator (AED). Upon completion you will receive a 2 year certification card and a certificate of completion from Rio Hondo College.

Session 1

Date: Sep 26

T# 3065.6 Sat 8:00am - 12:30pm \$45/\$25

Session 2

Date: Oct 24

T#3066.6 Sat 8:00am - 12:30pm \$45/\$25

Session 3

Date: Nov 21

T#3067.6 Sat 8:00am - 12:30pm \$45/\$25

Session 4

Date: Dec 12

T# 3068.6 Sat 8:00am - 12:30pm \$45/\$25

Instructor: Gary Duran

Fee: \$45 for general public or \$25 for current RHC students, only.

Must have proof of Rio Hondo enrollment

Location: RHC Science Bldg., S129

Foundation & Corporate Grants

Grant Writing Fundamentals

An invigorating, informative, hands-on workshop created for new and experienced grant writers, executive directors, organizers, board members, community volunteers, development officers, and individuals who want to get a detailed look at the grant writing process. Participants will be introduced to the secret of writing a successful grant proposal. You will learn how funding is announced, how applications are judged, and how to construct each element of a winning proposal.

Date: Nov 7

T# 3069.6 Sat 9:00am - 4:00pm \$95

Instructor: John Drew

Location: RHC Business Bldg., B119

Health & Wellness

Oriental Medicine

A Healthy Life Style through Daily Diet & Exercise

Students will learn the ancient healing art of acupuncture, breathing techniques, herbology and proper diet and exercise through a series of enjoyable lectures and hands-on workshop. Students will also be exposed to the newest research on weight control. It will open your eyes and teach you how to take care of your body and mind so you can live a long and healthy life.

Date: Aug 25 - Sep 15

T# 3070.6 Tue 6:00pm - 9:00pm \$80

Instructor: Dr. David Chen

Location: Presbyterian Hospital, Room C

Massage Workshop Series

For thousand of years, in every culture, touch and massage have been a basic part of healing, relaxation, reducing pain, and pleasure. In this series, you will learn the basics of massage. You will experience a variety of techniques and feedback with an opportunity to practice each one in a safe, non-threatening environment. You will learn various nurturing massage strokes that will benefit your family and friends. You will feel confident about knowing which massage techniques to use and how to conduct them. No partner is necessary for the class.

Please bring the following items to class: massage oil or lotion, exercise mat, pad, or two large towels, and a pillow. Dress in sweats or comfortable shorts. For women, a tube top halter or bikini top is recommended. Short, filed nails are required.

Session 1

Date: Sep 12 - Oct 3

T# 3071.6 Sat 9:30am-12:30pm \$110*

Instructor: Bernadette Ramirez

Location: Merrill Gardens

Session 2

Date: Nov 28 - Dec 19

T# 3072.6 Sat 9:30am-12:30pm \$110*

*DISCOUNT: Receive a discount when you attend all 4 classes!

Instructor: Bernadette Ramirez

Location: Merrill Gardens