

## 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

## Health & Wellness, continued

### Introduction to Massage

This class will cover the basics of relaxing style massage. General information about massage will be provided. Various types of strokes and techniques will be demonstrated and practiced. You will learn different ways of varying strokes by using different parts of your hands, forearms, and elbows. Body mechanics to protect your body will also be demonstrated and practiced. Different positions for the person receiving the massage such as on a chair, on the floor, on a table, on their stomach, side, and back will be demonstrated.

*Note: No partner is necessary for this class.*

#### Session 1

**Date:** Sep 12

T# 3073.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

#### Session 2

**Date:** Nov 28

T#3074.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

### Massage for the Neck, Upper Back & Shoulders

This section will focus on stress relieving massage for the neck, shoulders, upper back and for headaches. Various strokes and positions for massage will be shown. Anatomy and some of the causes of pain in this area will be explained. You will be shown ways to avoid pain and problems in this area. Self massage techniques for these areas will also be demonstrated.

*Note: No partner is necessary for this class.*

#### Session 1

**Date:** Sep 19

T# 3075.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

#### Session 2

**Date:** Dec 5

T# 3076.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

### Massage for the Mid & Lower Back

This section will focus on tension and pain relieving massage for the entire back and sciatica. Various strokes and positions for massage will be shown. Anatomy and some of the causes of pain in this area will be explained. You will be shown ways to avoid pain and problems in this area. Some exercises for keeping the area flexible and strong and for reducing pain will be recommended. Ergonomics and body mechanics will be discussed. Self massage techniques for this area will also be demonstrated. *Note: No partner is necessary for this class.*

#### Session 1

**Date:** Sep 26

T# 3077.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

#### Session 2

**Date:** Dec 12

T#3078.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

### Massage for the Lower Body

Learn a sequence for massaging the lower half of the body. Instruction and hands on lesson on how to relieve tension in the hips, hamstrings, calves, ankles and feet. Also, a foot acupressure sequence will be taught. The perfect follow up to the massage therapy series for head to toe massage.

#### Session 1

**Date:** Oct 3

T# 3079.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

#### Session 2

**Date:** Dec 19

T# 3080.6 Sat 9:30am - 12:30pm \$31

Instructor: Bernadette Ramirez

Location: Merrill Gardens

## Home Decorative & Creative Arts

**New!**

### Beginning West African Djembe Drumming

Learn step-by-step to play the popular hand drum of West Africa called the "djembe" (jem.-beh). Experience the joy of playing in a group setting. We'll use exercises and simple polyrhythms to develop our sense of rhythm, and increase our right/left brain and eye/hand coordination. Drums are provided.

*Pam Nishikawa has taught beginning and intermediate djembe classes in Santa Barbara, Ventura, Los Angeles, and Whittier, CA for eight years, and was the leader of the all-woman drumming group, A Joyful Noise.*

#### Session 1

**Date:** Sep 14 - Oct 19

T# 3081.6 Mon 6:30pm - 9:00pm \$60\*

*Material Fee: A \$5 fee is payable to the instructor on the first day of class. Optional Material Fee: \$12 practice CD.*

Instructor: Pam Nishikawa

Location: RHC Campus Inn

#### Session 2

**Date:** Oct 26 - Dec 7 No Class Nov 9

T# 3082.6 Mon 6:30pm - 9:00pm \$60\*

*Material Fee: A \$5 fee is payable to the instructor on the first day of class. Optional Material Fee: \$12 practice CD.*

Instructor: Pam Nishikawa

Location: RHC Campus Inn

