



# August Class Schedule

[Register Online Now!](#)



## GW107: Healthcare Consumerism; Getting the Most from Your Healthcare Dollars

With health care costs rising out of control have you ever wondered what you can do to lower your health care costs? This class will discuss tips and strategies you can use to lower these costs and maximize the benefits from your health insurance plan.

Date	Time	Bldg	Room
Aug-5	12:00 PM	B4S	2419
Aug-12	12:00 PM	B30	Aud
Aug-18	12:00 PM	B16	259

## FT107: Fitness for Weight Loss & Management

Need to lose weight, who doesn't? Review how moderate increases in physical activity affect energy expenditure on a short and long term basis. Learn how different exercise modes affect body composition during weight loss. Find out why spot reducing is not a viable method of weight loss.

Date	Time	Bldg	Room
Aug-4	11:00 AM	B4S	1419
Aug-11	11:00 AM	B30	Aud
Aug-11	12:00 PM	B30	Aud
Aug-18	11:00 AM	B16	259

## NT106: Supplements; Be an Informed Consumer

Have you ever considered taking a supplement? Before making that decision, come learn about the different types of supplements that are on the market today, the safety standards of the industry, and some common reasons why people often consider supplement use.

Date	Time	Bldg	Room
Aug-4	12:00 PM	B4N	3065
Aug-10	11:00 AM	B30	Aud
Aug-17	11:00 AM	B15	267

## BC106: Stuck In a Rut? Break Out of it With Cross Training

Cross-training is an easy way to add variety to your exercise program, whether you want to live a healthier lifestyle or you're an advanced athlete who wants a more varied training regimen.

Date	Time	Bldg	Room
Aug-3	12:00 PM	B4S	2419
Aug-10	12:00 PM	B30	Aud
Aug-17	12:00 PM	B15	267

## ST103: Networking and Telephone Techniques

Learn the techniques to get past the "gatekeeper" and how to find your next job through the hidden job market.



Aug-19	12:00 PM	B15	131
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## ST104: Preparing for Transition – Personal Financial Planning

Action-oriented class geared toward financial management during times of transition. Includes Budgeting, Emergency Cash & Debt Elimination, Group Benefits Options & Personal Risk Management, Investment Basics & Retirement Planning, and Asset Protection/Estate Planning.



Aug-5	11:00 AM	B4S	2419
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## ST105: A,B,C's of Workintexas.com- How to Maximize your Profile

Learn how to maximize your profile and how to get the best exposure in the largest job database in the state of Texas.



Aug-12	11:00 AM	B30	Aud
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## ST106: Interviewing

Learn to anticipate and prepare great answers for tough interview questions.



Aug-19	11:00 AM	B15	131
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