

July 2010 A&E Class Schedule

GW106: Medical Myth Busting; Does Being Cold Give you a Cold and More...

Tall tales, wives tales and the Popular Press all lead to mixed and improper medical information. Whether you hear difficult medical terms, inaccurate information in our news, or use family home remedies, it's easy to become confused about medical information. Bust a few common medical myths with the current accurate medical information in the industry today.

Date	Time	Bldg	Room
Jul-8	12:00 PM	B4S	2419
Jul-15	12:00 PM	B30	Aud
Jul-21	12:00 PM	B16	259

FT106: Fitness from Anywhere; What's New for 2010 (Updated from 2009)

Time always seems to run short, even for running to the gym! Whether you walk, bike or run in your neighborhood, use calisthenics, balls or bands, you have choices about how to best use your time for Fitness. Learn about benefits of lifestyle activities like raking leaves, moving the yard, cleaning the garage and more. Come learn about the many avenues to get in shape at home or on the go.

Date	Time	Bldg	Room
Jul-7	11:00 AM	B4S	1419
Jul-14	11:00 AM	B30	1010
Jul-14	12:00 PM	B30	1010
Jul-21	11:00 AM	B16	259

NT105: Nutrition and Disease Prevention

How often do we hear or see reports in the media about the benefits of certain foods for our health or disease prevention? Come join us for a discussion on the most current research in this area and a look at the best foods for disease prevention.

Date	Time	Bldg	Room
Jul-7	12:00 PM	B4N	3065
Jul-13	11:00 AM	B30	2090
Jul-20	11:00 AM	B15	131

BC105: Can Exercise Prevent Cancer?

Cancer – a leading cause of death of both men & women in the U.S. – has long been a mysterious killer that researchers have sought after a cure for. Though a cure is yet to be discovered, research has shown that exercise can reduce the incidence and improve the prognosis of many types of cancer; including, prostate, breast & colon cancer. Come learn how being physically fit can lower your cancer risk.

Date	Time	Bldg	Room
Jul-6	12:00 PM	B4S	2419
Jul-13	12:00 PM	B30	2090
Jul-20	12:00 PM	B15	131

ST101: Preparing for your Job Search: Evaluate your Job Skills, Research the Labor Market and Create a Plan

This class will teach you how to understand the job market and how to identify your skills.



Jul-8	11:00 AM	B4S	2419
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ST102: Creating Resumes

This class focuses on how to get the most out of your resume to land the interview.



Jul-15	11:00 AM	B30	Aud
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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.



Jul-22	11:00 AM	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.



Jul-22	12:00 PM	B15	131
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