

PERSONAL DEVELOPMENT

New!

AWARENESS = CHANGE: A FORMULA FOR BREAKING HABITUAL PATTERNS

FEE: \$99

Working with the Enneagram, an amazing tool for becoming more aware, this class will explore how our habitual patterns keep us blinded to our innate intelligence, both mental and emotional, and derail our competencies for doing our best in professional, family and work interactions. The course will cover the nine broad Enneagram types, their relationship to emotional intelligence and competencies, and strengths and handicaps to growing as a person.

PSY B75-01, ETHS, 5 Mon., 3/10, 6:30-8:30 pm

CRN 40361

BODY, MIND AND SPIRIT MAKEOVER

FEE: \$59

Feel good about your life and body by learning three crucial aspects of self care: cultivating a healthy body image; understanding and practicing mindfulness; and creating life balance. Students will learn how to vision goals, achieve life balance, eliminate negative self-talk, conquer emotional eating using the Emotional Freedom Technique, and practice mindful eating.

HEA C04-01, GLBRK S, 3 Thu., 4/10, 7-9 pm

CRN 40435

BRAIN GYM®

FEE: \$35

Forget something? Trouble concentrating? Want to overcome barriers to accomplishing tasks? Brain Gym® can help. This program is used worldwide to help people improve their abilities in remembering, concentrating, organizing, writing, reading, relaxing and overcoming learning challenges. Brain Gym® also helps individuals develop their brain's neural pathways through targeted movements and physical activities. The instructor is a Certified Brain Gym® Instructor who has taught this class throughout Illinois. Note: Bring plenty of drinking water and wear comfortable clothing.

HEA E63-01, GLBRK S, 1 Thu., 2/7, 6:30-9:30 pm, Bednarz

CRN 40447

HEA E63-02, MAINE E, 1 Tue., 4/15, 6:30-9:30 pm, Bednarz

CRN 40448

CLARITY LIVING: LIVING OUT YOUR LIFE PURPOSE

FEE: \$99

Looking for meaning in your life? Unsure about what path to follow? You are not unlike most individuals. This course is designed to help make your next moves more clear. Class content will be experiential, and participants will take home brief activities to complete for the next class. A required materials fee of \$10 is payable to the instructor at the first class session.

HEA C06-01, NILES W, 5 Tue., 4/29, 7-8:30 pm, Sente

CRN 40436

HEA C06-02, GLBRK S, 5 Tue., 3/18, 7-8:30 pm, Sente

CRN 40437

New!

COMPLEMENTARY THERAPIES: AN INTRODUCTION

FEE: \$65

Learn how to use four therapies to enhance your health. We'll explore a simple shiatsu massage that you can use at home; a dozen herbs safe for cooking, or making tea; several detoxification programs; and strengthening and rehabilitative exercises.

HEA S42-01, ETHS, 4 Tue., 3/4, 7-9 pm

CRN 40587

HUMOR FOR HEALTH

FEE: \$40

In this course you will learn how to incorporate humor in new relationships, whether with business associates or personal relationships. Learn the health benefits and healing techniques of humor and how humor can be used to improve your professional skills.

PSY B11-01, ETHS, 4 Wed., 4/9, 7-8 pm

CRN 40675

INSIGHT MEDITATION AND MINDFUL LIVING

FEE: \$99

Improve your handling of stressful situations; reduce stress-related health problems; strengthen your focus and concentration; nurture your spirit. Insight Meditation is the intentional, non-judgmental awareness of our changing experience. Mindful Living is the application of that awareness to our everyday lives. Together, they open the heart, calm the mind, and encourage us to respond positively to life's challenges rather than react mindlessly. In this course, you will explore how to apply and integrate these techniques into your daily life through the use of body awareness, meditation, class discussion, and practical life exercises. Uncomfortable sitting postures, incense, chanting, mantras, and religious rituals are not included. For more information, visit www.TheMindfulWay.com. Students are asked to wear loose, comfortable clothing, and to bring a soft blanket or exercise mat to class.

PSY C26-01, NILES N, 8 Wed., 1/30, 7-8:30 pm, Nielsen

CRN 40477

**INTRODUCTION TO AROMATHERAPY
(HEALING NATURALLY WITH ESSENTIAL OIL) FEE: \$50**

Essential oils were used by the early Egyptians for physical, mental, and spiritual cleansing and healing. Scientific studies have confirmed their value for supporting and maintaining health. Essential oils, distilled from flowers, grasses, shrubs, and trees, are how the plants nourish, protect, and heal themselves. Their powerful biochemical qualities can do the same for us. In this course, a certified aromatherapist will introduce the basic composition of essential oils, safety guidelines and basic applications. Relax your mind and body and have fun sampling essential oils and find the scents that resonate best with you.

HEA C01-01, GLBRK S, 2 Thu., 2/13, 7-9 pm, Pawlish CRN 40434

New!

IS THERE MORE TO *THE SECRET*? FEE: \$29

By now, most people have at least heard of *The Secret*. This best-selling book promotes the Law of Attraction as a scientific principle that is always at work and can be used to improve our lives. Some of us didn't even know that a "life secret" existed. Some of us have been living *The Secret* all along. The promise of a sure thing is irresistible, but is this the whole story? Is there a missing piece? Life coach Jacqui Neurauter will guide a discussion about the core teachings of *The Secret* and explore its use in everyday life. Bring all questions, doubts, and confirmations for stimulating discussion.

HUM B16-01, GLBRK S, 1 Tue., 1/29, 7-9 pm, Neurauter CRN 40051

New!

**LABYRINTHS: WINDING JOURNEYS
TO THE SACRED FEE: \$55**

Create more meaning in your life and develop a connection to greater personal focus, intuition, and spiritual guidance through the experience of labyrinths. Join Neal Harris, director of Relax4Life in Barrington, to explore the world of walking labyrinths and finger labyrinths. Discover for yourself why many consider labyrinths to be winding journeys to the sacred.

PHL E23-01, OC/SK, 1 Sat., 5/3, 9 am-2:30 pm, Harris CRN 40359

MIND YOUR MEMORY FEE: \$5

This program is designed for people who do NOT have memory problems, but who want to know what they can do to keep their brains as healthy as possible. This fun, researched-based, and interactive presentation covers how memory works and what science shows us about keeping our brains as healthy as possible. Participants receive a workbook that they can use at home. This valuable lecture with a Q-and-A is being offered in collaboration with the Alzheimer's Association.

HEA E95-01, NILES N, 1 Wed., 2/20, 7-8:30 pm, Hankin CRN 40524

HEA E95-02, ETHS, 1 Wed., 3/12, 7-8:30 pm CRN 40528

**SELF-HYPNOSIS: CREATING THE
LIFE YOU WANT FEE: \$65**

Use relaxation techniques to discover your potential, enhance your self-image and motivate yourself to self-actualization. Discover how self-hypnosis may be used in sports or to deal with smoking, weight problems, hypertension or lack of confidence. Relaxation tape is sold in class.

PSY E01-01, NILES N, 4 Wed., 2/6, 7:30-9:30 pm CRN 40478

PSY E01-02, ETHS, 4 Wed., 4/2, 7-9 pm CRN 40479

STREET SMARTS FOR KIDS FEE: \$25

Make sure your child has the knowledge and skills to stay safe. In this class, you and your child will learn about abduction and attack techniques; strategies for how to handle strangers on the street; and what to do if threatened or abused by an adult. Children practice ways to assert themselves with confidence and say "NO!" to inappropriate advances. Escape strategies also are discussed. The instructor is a police officer. Registration is for one adult and one child. Parents must stay with children at all times. For children in first to sixth grade.

REC E95-01, OC/SK, 1 Sat., 3/8, 9-11 am, Niemotka CRN 40551

REC E95-02, OC/SK, 1 Sat., 3/15, 9-11 am, Niemotka CRN 40552

New!

**STRESS MANAGEMENT AND BEYOND:
WELLNESS AS A WAY OF LIFE FEE: \$69**

Are you stressed out and exhausted, yet feel like you are going nowhere? This is the class for you. We will begin with an exploration of the role stress plays in our lives, then focus on creating a lifestyle of wellness. Participants will assess their placement on the stress/wellness continuum and investigate the beliefs and habits that prevent them from expressing their highest potential and realizing optimal health. This class is packed with simple tips for making life more manageable. We'll also introduce a variety of movement, breathing, meditation, eating, and communication techniques that reduce stress and promote wellness. Materials fee of \$6 is payable to instructor at first class session.

PSY S38-01, MGPD, 4 Tue., 1/15, 7-9 pm CRN 40060

PSY S38-02, ETHS, 4 Wed., 3/5, 7-9 pm CRN 40061

YOUR NEXT MOVE IN THE GAME OF LIFE FEE: \$59

Is it time to switch jobs, careers, relationships, start a business or retire? This popular interactive course is designed to move you through this time of transition with ease. Reflect on your life achievements and special gifts. Discover your genuine purpose and passions. Fulfill a new dream and create a new vision. Develop a plan to implement your vision. Live your life with more joy, peace, and the freedom to honor your heart's desire.

PHL E37-01 GLBRK S., 4 Tue., 2/12, 7-9:30 pm, Neurauter

CRN 40081

Genealogy

BEGINNING GENEALOGY: A CRASH COURSE FEE: \$30

If you have been thinking about researching your family's history, but have no idea where to begin, take this entertaining and enjoyable course. You will gain an overview of genealogy, get advice on how to begin your project, and discover how to organize and accurately document your research, including proper source citation. Most importantly, you will be introduced to the "research thinking process" of genealogists and gain tips on how to find your ancestors' history in sources like home records, courthouses, libraries, and the Internet. Finally, take an online tour of the important resources at Chicago's Newberry Library, home to one of the most comprehensive genealogical research collections. Beginners will immediately be able to begin their own research, organize the ancestral information they already have, and take steps to preserve and present that information. The instructor is a professional, national board certified genealogist, founding board member of the Newberry Library's Friends of Genealogy, and has taught several genealogy courses at Newberry Library.

HIS C10-01, ETHS, 1 Wed., 3/12, 6:45-9:45 pm

CRN 40668

**AMERICAN GENEALOGY:
RESEARCH METHODS AND SOURCES FEE: \$50**

If you have already started a genealogy project and want to learn how to improve your research, take this fun, information-packed course. Learning American genealogical research methods and sources will help you develop basic strategies and enhance your knowledge of important genealogical record types, like vital records, the U.S. Federal and State censuses, land records, military records and geographical sources. This course also will address basic concepts of analysis, recording standards, and organizational ideas. In addition, you will receive an online introduction to the many valuable resources of Chicago's Newberry Library, one of the most comprehensive genealogical research collections in the country. The instructor is a professional, national board certified genealogist, a founding member of the Newberry Library's Friends of Genealogy, and contributor to "Brick Wall Solutions," a guide to overcoming obstacles in genealogical research.

HIS C11-01, NILES N, 2 Wed., 4/16, 6:45-9:45 pm, Peterson-Maass

CRN 40667

**TUNE UP YOUR BUSINESS VOICE:
IT'S YOUR FORTUNE FEE: \$50**

Do you sound as good as you look? Could you be turning people off by the way you speak? Studies show that we form impressions about a person's intelligence, competence, and honesty within the first 30 seconds of meeting them. When professional growth depends on your ability to get people excited about your ideas, concepts, products, or services, your success is greatly determined by your ability to communicate with a strong and effective speaking voice. This course is for business professionals, entrepreneurs, students, managers, trainers, educators, and anyone else who wants to improve and strengthen their communication skills. The instructor, Cathy Emma-Urban, is president of Voice Power in Business. In a supportive environment, you will become aware of common speaking errors and take steps to correct them; refine your telephone and voicemail skills; gain tips to boost your confidence, and learn to use your voice as a powerful tool to achieve your goals. Discover the "sound of success" in this course. Course fee includes supplementary materials and audio practice tape.

COM S25-01, OC/SK, 1 Sat., 2/2, 9 am-noon, Emma-Urban

CRN 40415

**TELEPHONE POWER AND THE
ART OF VOICE MAIL FEE: \$50**

Are you taking your telephone skills for granted? How effective are you when speaking on the phone? Does your telephone etiquette enhance your business relationships? Telephones, cell phones, voice mail: Turn these communication tools into career power tools. Powerful telephone skills are more important than ever in today's business environment. Many businesses dealings are done solely by phone between people who might never see each other. Proper phone and voice mail techniques will add to your productivity and success. Develop a style that will increase your company's positive image. The instructor, Cathy Emma-Urban, is president and founder of Voice Power in Business. Course fee includes supplementary materials.

COM S65-01, OC/SK, 1 Sat., 5/3, 9 am-noon, Emma-Urban

CRN 40419

PUBLIC SPEAKING WITH CONFIDENCE FEE: \$139

Overcome stage fright. Learn to organize a speech, make impromptu presentations and improve delivery. A personal videotaping at each class session is included.

COM B02-01, NILES N, 8 Mon., 1/28, 7:30-10 pm, Hanagan

CRN 40402

COM B02-02, NILES W, 8 Thu., 4/10, 7:30-10 pm, Hanagan

CRN 40405