









# Fall 2018 Personal Enrichment Classes

 Aquatics	DAY	EVENING	WEEKEND
Advanced Beginning Swim		•	
Beginning Swimming–Adult		•	
Improving Stroke Techniques & Endurance		•	
Nia: H2O (Water) Fitness		•	
Turf and Surf	•		
Water Aerobics		•	
Water Jogging		•	
 Arts, Crafts & Photography	DAY	EVENING	WEEKEND
Abstract Collage: Short and Sweet ★NEW★	•		•
Basic Sewing		•	
Classical Drawing		•	
Foundations of Realistic Watercolor Painting		•	
Glass Fusing: Pins, Pendants, and Bracelets	•		•
Mixed Media: Drawing and Painting ★NEW★		•	
Monoprint Without a Press	•		•
Pattern Making I ★NEW★		•	
Relief Printed Holiday Cards ★NEW★		•	•
Symbolism in Art: Theory and Practice ★NEW★		•	
Zentangle Inspired Art		•	
Zentangle Inspired Art–Intermediate ★NEW★		•	
Zentangle Inspired by Frank Lloyd Wright's Stained Glass ★NEW★		•	
 Beer & Wine Appreciation	DAY	EVENING	WEEKEND
Craft Beer Discovery		•	•
Introduction to Wine		•	
Single Malts: Education and Tasting		•	
 Dancing	DAY	EVENING	WEEKEND
Club Salsa/Merengue		•	
Social Dancing: Waltz and Tango		•	
Swing and Cha Cha		•	
 Finance & Investment	DAY	EVENING	WEEKEND
Baby Boomer's Guide to Legacy Planning ★NEW★		•	
Investment Strategies: The Basics and Beyond		•	
Life After Work: Creating a Good Retirement ★NEW★	•		•
Passport to Retirement		•	
Rescue Your Retirement ★NEW★	•	•	•
Retirement Income and Income Tax Planning		•	
Savvy IRA 401(k) Distribution Options	•		•
Stock Options for Fun and Profit ★NEW★		•	
 History and Culture	DAY	EVENING	WEEKEND
A Discussion of Architectural Styles		•	
DNA: Trace Your Family History		•	
The Conquering Queen Zenobia		•	
The Rosetta Stone		•	
The Russian Civil War ★NEW★		•	
 Home & Garden	DAY	EVENING	WEEKEND
Home Staging	•		•
Interior Design: Decorating on a Budget		•	
Ms. Fix-It: Secrets of Home Repair		•	
Winter Options for Your Garden		•	
 Languages	DAY	EVENING	WEEKEND
American Sign Language I		•	
French (Beginning, Intermediate or for Travelers)		•	
Italian (Beginning and for Travelers)		•	
Japanese (Beginning I & II)		•	
Spanish (Beginning I, II & III, for Travelers, and for Medical Professionals)		•	

 Makeup	DAY	EVENING	WEEKEND
Advanced Professional Makeup	•		•
Bridal and Special Occasion Makeup	•		•
Personal Makeup	•		•
 Music	DAY	EVENING	WEEKEND
Chorus (Major Ensemble)		•	
 Wellness: Body, Mind & Spirit	DAY	EVENING	WEEKEND
Ask the Professionals: An Aging in Place Panel Discussion		•	
Connections: Mind, Body Health	•		•
Gentle Yoga and Relaxation ★NEW★	•		•
Introduction to Mindfulness Meditation	•		•
Meditation and Holiday Stress Relief	•		•
Meditation, Yoga and the Practice of Compassion	•		•
Mindfulness of the Body	•		•
Nia the Technique: In Movement We Find Strength	•		•
Qigong	•		•
T'ai Chi Introduction	•		•
Yoga and the Art of Cultivating Presence ★NEW★		•	
Yoga for Pain Relief ★NEW★	•		•
Yoga Unpacked ★NEW★	•		
 Writing	DAY	EVENING	WEEKEND
Writing Fiction		•	

## NEW IN PERSONAL ENRICHMENT CONTINUING EDUCATION AT HCC



**Explore your creative side** through a variety of new art forms including abstract collage, mixed media with drawing and painting, print making to design your own holiday cards, and pattern making to design your own apparel.



**Plan your financial future** as you discover retirement planning strategies that can help you sustain and protect income and navigate through changing laws, rules and regulations.



**Experience the benefits of yoga** through breathing exercises, stretches, lifestyle discussions, meditation, relaxation, and mindfulness meditation techniques that offer a respite from daily stress.

### Like what you see? Please register early!

Courses that do not have a minimum of six students may be canceled.

Full course descriptions, date, time, and location information: [howardcc.edu/personalenrichment](http://howardcc.edu/personalenrichment)

REGISTER TODAY! [howardcc.edu/personalenrichment](http://howardcc.edu/personalenrichment) • 443-518-4404

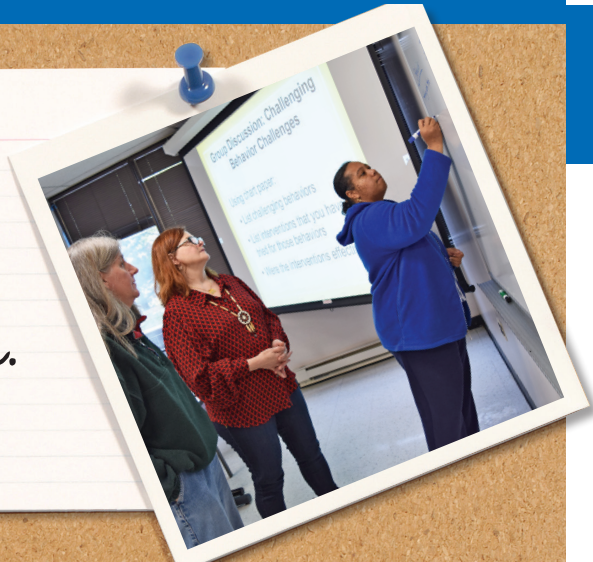


Explore the classes inside.

# Keep Growing

**Personal Enrichment  
 Noncredit Classes**  
 Fall 2018

*Expand  
 Your Mind.*



*Express  
 Your  
 Creativity.*



*Learn a  
 New Skill.*



## Register Now for Fall!

### Classes Are Starting Soon!

Possibilities abound when you're learning for the fun of it. Personal enrichment continuing education courses are offered at various times and locations, and usually run from a few hours to a few weeks.



Each course is led by our expert instructors, most of whom are lifelong learning enthusiasts with extensive knowledge and experience relating to topics covered. For example, Maura Conley, who will be teaching "Yoga Unpacked" and "Yoga for Pain Relief," has spent many years

enjoying the benefits of yoga outside of her former corporate leadership career. Conley, who is a YTT200 Kripalu certified yoga instructor, enjoys teaching new and experienced students the fundamentals of yoga with an emphasis on breathing techniques, building muscle and bone strength, and enhancing flexibility and balance.

**Check out this brochure for a listing of over 75 courses offered by Howard Community College's Division of Continuing Education & Workforce Development**

For full course descriptions as well as date, time and location information, visit us online at [howardcc.edu/personalenrichment](http://howardcc.edu/personalenrichment).

**Class start dates are ongoing from now through November**

You Can Get There From Here.

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 & Workforce Development  
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