

Course Offerings

(Continued)

How's Your Back?

CRN# 87215 • \$79 plus \$10 material fee • **Register by 10/18**
 CRN# 87223 • \$71 plus \$10 material fee

10/25 • 6-9 p.m.

This presentation is for the general public and will help participants learn techniques to alleviate chronic back pain. More than a review of exercises, this session will highlight alternative healing modalities that have been successful at helping chronic pain sufferers find lasting relief. Thousands of people are now finding that surgery and drugs are not the only options available.

Instructor: Michael Loukas

Chinese QiGong Workshop

CRN# 53847 • \$199
Register by 5/31: CRN# 54159 • \$179
 6/7-7/12 (6 sessions) • 6:30-9 p.m.
 Qigong (pronounced Chi Kung) is a series of self healing techniques that

were developed in China thousands of years ago. If practiced daily, these healing practices that combine the use of breathing, sound, movement and mind, can prevent illness, strengthen organs and help participants regain vitality after sickness.

Instructor: Michael Stadul

QiGong

CRN# 53484 • \$79
 6/1-8/3 • 7:30 a.m.-8:15 a.m.
Register by 5/25: CRN# 54166 • \$71
 6/1-8/3 • 11-11:45 a.m.

CRN# 53483 • \$79

Register by 5/25: CRN# 54158 • \$71
 Participants will learn stable holds of arm positions that align energy and balance the body. This is a series of movements done in standing and some squatting positions.

Instructor: Michael Stadul

Tai Chi

CRN# 53481 • \$79
Register by 5/23: CRN#54161 • \$71
 5/30-8/1 (9 sessions)
 1:30-2:30 p.m.

Participants will learn how to use low movements in a series of postures and interconnected hand positions.

Instructor: Michael Stadul

Yoga

Dates, Times, Fees and Instructors
 TBA

Participants will learn gentle holding postures with breathing exercises and meditations for balance.

All classes held at
 Tri-C's Eastern Campus

Cuyahoga Community College
 Eastern Campus
 4250 Richmond Rd.
 Highland Hills, OH



..... Application (Please print clearly)

CRN# _____ • Name: _____

Address: _____ City/State/Zip: _____

Telephone: _____ Date of birth: _____ Age: _____

In consideration of your acceptance of this entry, I agree that for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages I may have against Cuyahoga Community College, and all sponsors of the cities in which the class is held, their representatives, successors, and assignee for any and all injuries suffered by the participant in the said class.

Is the class participant currently taking any medication? _____ Yes No If so, what? _____

Emergency contact information: _____

Name/Relation: _____ Phone: _____

Signature: _____

After you fill out the Registration, please make checks payable to Cuyahoga Community College and mail to:
 Cuyahoga Community College • United Technologies Center • Attn: Registration
 2415 Woodland Avenue • Cleveland, OH 44115 • Or you can register by phone: 216-987-3075



Cuyahoga
 Community
 College

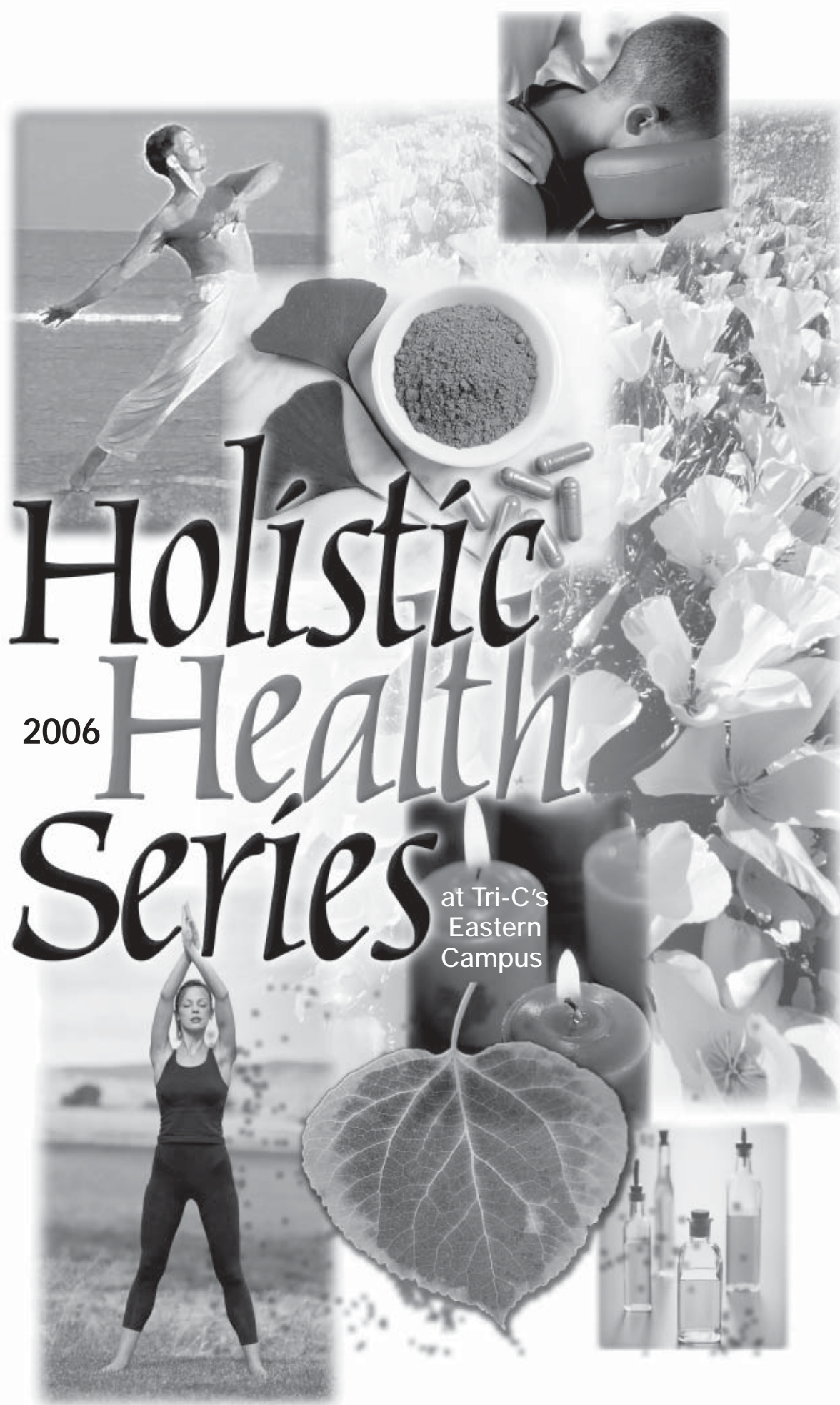


Office of
 Community
 Continuing
 Education

presents

Holistic 2006 Health Series

at Tri-C's
 Eastern
 Campus



Course Offerings

Reiki I

CRN# 54079 • Fee: \$159

Register by 6/3:

CRN# 54157 • \$143

6/10 • 10 a.m.-5 p.m.

Learn the basics of this gentle yet powerful Japanese natural healing technique that can be used for stress reduction, relaxation and to promote healing. Receive certification to teach Reiki I.

Instructor: Marilyn del Torto

Reiki II

CRN# 54080 • Fee: \$159

Register by 7/1:

CRN# 54156 • \$143

7/8 • 10 a.m.-5 p.m.

An intermediate course in the Japanese natural healing technique Reiki. Become attuned to healing on a mental/emotional level and receive Reiki II Practitioner/Teacher Certification.

Instructor: Marilyn del Torto

Advanced Reiki Training

CRN# 54081 • Fee: \$199

Register by 7/15:

CRN# 54160 • \$179

7/22 • 10 a.m.-5 p.m.

Work toward receiving Usui Master Attunement & Master Symbol Certification at the end of the course. Learn advance techniques to strengthen the mind and expand consciousness. Explore how aura cleansing can assist in removing negative energy.

Instructor:

Marilyn del Torto



Reiki III/Master Level

CRN# 54082 • Fee: \$399

Register by 7/16:

CRN# 54155 • \$359

7/23 • 10 a.m.-5 p.m.

This two-day intensive class will prepare the participant to become a Reiki III Master Practitioner/Teacher. Learn the Tibetan symbols and receive the complete Reiki II Master Attunement for Certification. Receive instruction on giving all attunements and teaching all elements of each class.

Instructor: Marilyn del Torto

Introduction to Complementary & Alternative Medicine

CRN# 54182 • \$159

Register by 7/21:

CRN# 54190 • \$143

7/28 • 9 a.m.-4 p.m.

This course will introduce you to some of the many healthcare choices available to Americans today. You will explore options for health and wellness that are non-invasive and drug-free, as well as preventative. Alternative modalities will be discussed as well as the underlying theories and techniques for different practices. The focus of the course is understanding complementary healthcare and

alternative therapies as new approaches to health and healing.

Instructor: Mary Jo Ruggieri and a panel of experts

Introduction to Complementary Alternative Medicine (CAM) vs. Western Allopathic Medicine (WAM)

CRN #54183 • \$79 plus \$10 materials fee

Register by 8/9: CRN# 54189 •

\$71 plus \$10 materials fee

8/16 • 6-9 p.m.

Complementary Alternative Medicine (CAM) is being used by Americans in record numbers. Western or Allopathic Medicine (WAM) is practiced by M.D.s and it is the practice that dominates in U.S. hospitals. So what exactly are the differences between CAM and WAM? What is their historical relationship with each other? And why is the U.S. National Institute of Health conducting CAM clinical trials? These questions will be the focus of this course. Practical and philosophical differences will be explored as will the consumer benefits of both systems.

Instructor: Mary Jo Ruggieri and panel of experts



How to Afford Holistic Healthcare

CRN# 87217 • \$79

Register by 9/1: CRN# 87220 • \$71

9/8 • 1-5 p.m.

“Holistic healthcare is for rich people.” Who else can afford it? Is massage a luxury or a therapy? Can we stay well and stay financially solvent? In this course, you will understand how you can make your holistic lifestyle affordable. Include in your monthly budget the joys of yoga classes, visits to a naturopathic doctor, acupuncture, organic food and herbal remedies. Find out how to structure your health insurance, make effective use of Health Savings Accounts (HSA), and put alternative medicine comfortably into your healthcare plan for you and your family. Find out that holistic healthcare is not just for the “healthy and wealthy,” but it can be easily affordable to us all.

Instructor: Daryl Kulak

Herbal Medicine I & II

CRN# 87212 • \$159 plus \$10

material fee • **Register by 9/8:**

CRN# 87222 • \$143 plus \$10

material fee

9/15 • 9 a.m.-4 p.m.

An overview of herbal medicine, herbal therapies, and their use and benefits for health and wellness. Definitions and purposes of specific herbs will be given and participants will learn how to be good consumers of herbal remedies.

Instructor: Charoula Dontopolous

Managing Migraines

CRN# 87211 • \$79 plus \$10

material fee

Register by 10/4: CRN# 87218

\$71 plus \$10 material fee

10/11 • 6-9 p.m.

This presentation is for the general public and will help participants learn techniques to alleviate headaches and migraines. This session will highlight alternative healing modalities that have been successful at helping pain sufferers find lasting relief. Thousands are now finding that drugs and medications are not the only options available.

Instructor: Shila Wilson

Complementary Approach to Cancer Rehabilitation I & II

CRN# 87213 • \$159 plus \$20

material fee • **Register by 10/7:**

CRN# 87221 • \$143 plus \$20

material fee

10/14 • 9 a.m.-5 p.m.

This course will explore options for cancer care and cancer prevention using an integrated and holistic approach to cancer rehabilitation. Classifications and specific uses of complementary and alternative therapies useful to cancer prevention will be discussed.

Instructors: Mary Jo Ruggieri and Charoula Dontopolous

Dealing with Depression

CRN# 87216 • \$79 plus \$10

material fee • **Register by 10/11:**

CRN# 87219 • \$71 plus \$10

material fee

10/18 • 6-9 p.m.

How can you understand depression and the physical, mental and emotional factors surrounding the onset of depression in terms of complementary and alternative medicine practices? Methods of using non-drug interventions such as dietary changes, herbal therapies, exercise, vitamins, minerals, meditation and various methods of bodywork will be explored.

Instructor: Dr. Tanya Edwards



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