Acupressure for Stress Release Parts 1 and 2
Part 1 is offered as a “stand alone” module for those wanting to learn acupressure and body-mind practices for self-care. Part 2 builds upon material learned in Part 1. Participants learn to use the protocol with others through lecture, demonstration, and hands-on practice.

**Stress Release for Self-Care (Part 1)**
Participants will learn about the healing and transformative power of acupressure through a simple, easy to learn acupressure protocol and style of touch. This protocol can be used for self-care to reduce stress and anxiety, promote relaxation, and enhance wellbeing. No previous professional health training or special equipment is needed. Participants will also learn and practice use of an Awareness Journal and Chakra Tai Chi, a body-mind movement self-care practice. This course will instruct using the SEVA Stress Release Acupressure protocol. Materials included. Students should wear comfortable clothing and socks.
0.3 CEU. Cost: $34 (tuition $29, administrative fee $5)
NCPER-CS001-01
Mar 5
1 session
Sa
9am-12pm
Regina Rosenthal, PT, MA

**Real Estate**
How to Buy Foreclosed Properties
Arm yourself with the resources you need to buy foreclosed properties. You will learn how to: understand the foreclosure process from the notice of default to sheriff sale; evaluate profitability; finance foreclosures with little to no down payment; negotiate with property owners during the pre-foreclosure state; successfully bid on government foreclosures; position yourself as a cash buyer at the bidding; generate large profits from “short sales”; and learn to build a team of real estate professionals to expedite acquisition timeline.
0.3 CEU. Cost: $77 (tuition $40, administrative fee $12, materials fee $25)
NCREA-CS002-01
Mar 5
1 session
Sa
9am-12pm
Steven Waniak, Real Estate Consultant

**Using Acupressure with Others (Part 2)**
Prerequisite: Stress Release for Self-Care (Part I)
Participants will learn how to use the Seva acupressure protocol to help family, friends, patients/clients and others. This protocol addresses a wide range of needs from general relaxation to shock and stress. The Seva protocol can be administered in about 20 minutes to fully-clothed individuals. Participants will also practice using the Awareness Journal and Chakra Tai Chi, a body-mind movement self-care practice. This course will instruct using the SEVA Stress Release Acupressure protocol. Materials included. Students should wear comfortable clothing and socks.
0.3 CEU. Cost: $34 (tuition $29, administrative fee $5)
NCPER-CS012-01
Mar 5
1 session
Sa
12:30-3:30pm
Regina Rosenthal, PT, MA
Introduction to Guided Aromatic Meditation

This class utilizes Buddhist Mindfulness-based meditation with Aromatic Plant Essence. You will be guided towards learning how to be silent in mind and body; making this experience an easy way to be present with yourself. Specially blended aromatic meditation oil will be used via “palm inhalation” using traditional aromatic plants that help with meditation. Each session you will experience a new aromatic blend. Specially selected music will also be part of this aromatic meditation experience.

Cost: $32 (tuition $25, administrative fee $7)

NCPER-CS008-01 Feb 4 - Feb 11
2 sessions Th 7-8:30pm
Gemma Bianchi, Aromatherapist-Herbalist, Usui Reiki Master-Teacher

The World of Tea

A broad overview of the world of tea (camellia sinensis), its varietals, history, culture and proper preparation and appreciation. This course will cover true tea only, not herbals. Each section will include tasting of representative teas, and there will be a demonstration of the serene Japanese tea ceremony.

Cost: $47 (tuition $35, administrative fee $12)

NCPER-CS013-01 Feb 18 - Mar 3
3 sessions Th 6-7:30pm
Glen Swann, Instructor

Beekeeping

Introduction to Beekeeping for the Hobbyist

Beekeeping is a fascinating hobby that allows you to harvest your own honey. Learn the basics necessary to start and care for your bees. We will cover all aspects of entry level beekeeping. No prior experience or knowledge of beekeeping is required. **Textbook required. Available in college bookstore.**

Cost: $84 (tuition $69, administrative fee $15)

NCASC-CS008-01 Mar 3 - Mar 24
4 sessions Th 6:30-8:30pm
1 session Sa TBA*
*Field class to a local beeyard
Jeffrey Burd, Instructor, EAS Master Beekeeper

Horticulture

Basic Floral Design

This course is designed for individuals who have little or no experience with flowers and design materials. You will learn the basic elements and principles of design as they relate to vase arrangements and arrangements done in floral foam. The various flowers and greens used will be covered along with bow making. You will even get to take the arrangement you make home with you at the end of the session.

Cost: $80 (tuition $20, administrative fee $10, materials fee $50)

NCHOM-CS001-01 Jan 19*
1 session Tu 6-9pm

Stylized Arrangements using Tropicals

The tropical regions of our world offer some of the most beautiful flowers for our design use. Using different Geometric Form design styles and proper design techniques, learn how to work with vibrant tropical flowers. Students will design two florals to enjoy and take home with them.

Cost $89 (tuition $33, administrative fee $6, materials fee $50)

NCHOM-CS001-04 Apr 12*
1 session Tu 6-9pm

Spring Centerpiece

Celebrate the renewal of our landscape with spring bulb flowers. Create a lovely basket floral to perfectly accent all your spring activities. We will be designing using proper floral industry design techniques. Students will design one floral to enjoy and take home with them.

Cost: $45 (tuition $14, administrative fee $6, materials fee $25)

NCHOM-CS001-03 Mar 22
1 session Tu 6-7:30pm

Wedding Bouquets

As wedding season approaches, come to this hands-on class, to learn how to make a hand tied bouquet. Each participant will make a bouquet to take home with them at the end of the session. Students must be registered by (at least four days before the class)

Cost: $89 (tuition $33, administrative fee $6, materials fee $50)

NCHOM-CS001-02 Feb 23*
1 session Tu 6-9pm
* All classes meet at MCCC Horticulture Greenhouse Complex.
Instructor: Deborah Moyer, Floral Designer
Registration for Horticulture classes closes seven days prior to the start date!
Filmmaking/Screenwriting

Course one is didactic, consisting of lecture and examples. Course two combines didactic with practicum where each student will complete an actual short film script of 8-10 minutes/pages. If there is sufficient interest in these two courses, there will be a third course added, "Producing the Short Film." This will comprise an internship at a local studio where students will have the opportunity to produce their short film.

Introduction to Filmmaking

Have you ever wanted to create a TV show or film? Have you ever watched a scene and wondered how it was shot? This course will show you the industry from the inside out. Together we will watch scenes from films and dissect these scenes to see the techniques and practices behind the art of film. This will be a fun interactive survey course with an award-winning director of independent films. Warning: After this course movies and television will never look the same. You will see behind the façade and know just how much work went into the art you are seeing on the screen.

Cost: $132 (tuition $115, administrative fee $17)
NCPER-CS016-01  Apr 21 - May 26*
5 sessions  Th  6:30-8:30pm
*Class will not meet May 19
Lawrence Greenberg, PMP, award-winning indie film director

Writing the Short Film Script

You will write a screenplay from concept to camera-ready draft in five weeks. This course will walk you through the process in a fun and easy-to-follow manner. Learn brainstorm techniques, story structure, character development, and much more.

Cost: $137 (tuition $116, administrative fee $21)
NCPER-CS017-01  Mar 10 - Apr 14*
5 sessions  Th  6:30-9pm
*Class will not meet Mar 24
Barry Putt, award-winning playwright and screenwriter