

Beginning Crochet

Learn the basics of crochet and you will be able to make yourself, or that special someone, a hand-made gift. You will learn how to work stitches, rows, and rounds; how to join pieces; how to change colors; how to determine gauge and sizing; and how to read patterns. You will need to bring one skein of light-colored, cotton yarn (sugar and cream) and one G or H hook. Class is taught by Rita Osborne.

WCC - Door 70

6 Sessions: 2/1 – 3/14 **Tue:** 6:30 - 8:30 PM **Fee:** \$50

Basic Sign Language 1

Learning sign language is a challenging and rewarding experience. This course is designed for the beginner and will introduce relevant conversational signs, receptive skills and finger spelling. Bring a friend! Class is taught by Sally Park.

WCC - Door 70

8 Sessions: 4/4 – 5/23

Tue: 6 - 8 PM **Fee:** \$80

Spanish 1

The Hispanic population is growing in Indianapolis! So let's have fun learning conversational Spanish with a native Spanish speaker. You will learn words and vocabulary related to real-life situations and Hispanic culture. No text is required and all materials will be provided.

WCC - Door 70

8 Sessions: 6 - 8 PM

Section 1: Mon & Wed 4/3 – 4/26 **Fee:** \$80

Spanish 2

A continuation of Spanish 1, for those who want to continue to learn more.

WCC - Door 70

8 Sessions - 6 - 8 PM

Section 1: Mon & Wed 5/1 – 5/24 **Fee:** \$80

Essential Oils for Everyday Living

This 4-week course will introduce you to the wonderful world of essential oils and give you confidence in how to use them for a variety of purposes, in a variety of ways, for everyday living. Samples will be available each week to let your nose decide which oils you like.

Week 1: Introduction to Essential Oils: In this class you will learn what essential oils are, the history of essential oils, how they work and the three main ways to use them. Guidelines will be provided so you know how to separate the good oils from the bad.

Week 2: Essential Oils for Stress Management, Free Breathing and Having a Comfortable Body: In this class you will learn how to use the oils to aid relaxation, balance, emotional release; how to aid the process of easy breathing and how to lessen physical discomfort and inflammation.

Week 3: Essential Oils for Digestion, Elimination, and a Naturally Slim Body: In this class you will learn how to use oils to strengthen digestion, promote good elimination, burn fat and achieve a naturally slim body.

Week 4: Essential Oils for a Chemical-Free Home: In this class you will learn how to use health-supportive oils and other simple products to replace widely-used toxic products that most people have dozens of in their homes. Save a lot of money in the process! Recipes will be provided.

WCC – Door 70

Section 1: 4/11 - 5/2 Tue: 6 – 7 PM Fee: \$35

Unique Approaches for Achieving a Naturally Slim Body

Discover how to attain and maintain your desired size and weight using methods that allow you to let go of dieting frustration. Using these dynamic approaches, you will discover why you make the food choices you make, learn how to naturally change your eating patterns and your relationship with food and feel confident and energized in your new body. As you make changes from the inside out, the pounds will naturally come off on their own.

Week 1: EFT for a Naturally Slim Body: Learn the powerful method of Emotional Freedom Techniques (EFT) and how to use it on yourself to slim down, or achieve any other goal you wish to accomplish.

Week 2: Hypnosis and NLP for a Naturally Slim Body: Hypnosis and Neurolinguistic Programming are both very powerful tools to release extra weight. You will be led through a session and also taught how to practice these techniques at home by yourself.

Week 3: Essential Oils and Ayurveda for a Naturally Slim Body: Learn what oils help burn fat, increase metabolism and reduce carb cravings and overeating. You will also see how to apply oils to your constitutional type through the teachings of Ayurveda (the ancient Indian system of health).

WCC – Door 70

Section 1: 2/21 – 3/7 Tue: 6 – 7:15 PM Fee: \$35