



Community Education Classes
A. D. Harris
Tuesday mornings, 9 am - noon

Exploring Drawing

Develop and sharpen your drawing skills starting with basic concepts and applying them to various techniques. This course is great for all levels from beginners to more advanced artists. Course includes discussion and application of a variety of media for enhancing finished drawings.

Course: ACE0125 Fee: \$20.00
Section: Date:
0656 February 28

Getting To Know your Camera

Discover your camera's hidden capabilities! Learn how to use the controls and icons on your camera. Plus, get answers about composition and ISO at the on-location photo shoot. Students need to bring their own camera.

Course: ACE0126 Fee: \$20.00
Section: Date:
0657 March 6

Chair Yoga

Chair Yoga has all the health benefits of yoga while minimizing any safety issues. Postures are modified using a chair either seated or for support in standing poses if needed. Yoga poses increase circulation, flexibility and strength, and is done in specific alignment to teach the body more healthy ways of movement. Yoga breathing practices and meditation are incorporated to aid in relaxation and rejuvenation. Chair yoga is especially designed for those who find it difficult to sit on the floor or get up from the floor, but it is great for anyone who is interested in improving their physical and mental wellbeing.

Course: ACE0127 Fee: \$20.00
Section: Date:
0652 January 31
0658 April 10

Healthy Cooking With A Flair

Healthy eating is consuming foods that are natural, free of added sugars, hydrogenated fats and anything else that is unnatural or unnecessary. The result of this way of eating is weight loss, increased energy and better internal and external health. Learn to prepare these dishes and get yourself back on track to a healthier lifestyle.

Course: ACE0128	Fee: \$20.00
Section:	Date:
0653	February 7
0659	March 20

Computer—Face Book 101

Don't worry if you don't have a Facebook profile...you will create one in the first class. You must have an active e-mail address to join Facebook so be sure you know the e-mail address you use. Topics to be discussed include: What is Facebook and what is it used for; how to join and find friends; creating your profile; keeping Facebook secure – privacy settings; messages, notifications, updates, organizing friends (hiding custom lists), uploading pictures & albums; pages & groups (fans & friends), other social networks, and many other topics as questions are asked and interests discovered.

Course: ACE0129	Fee: \$20.00
Section:	Date:
0654	February 14
0660	March 27

L.E.A.N. (Lifestyle! Exercise! Attitude! Nutrition!)

L.E.A.N. is a scientifically proven plan for healthy aging. Understand how the body changes during prime time, prevent disease and unhealthy aging, boost energy, stress less, sleep better and sharpen thinking, reduce risk of cancer and “highs” (blood pressure, cholesterol), and become fit, strong and flexible.

Course: ACE0130	Fee: \$20.00
Section:	Date:
0655	February 21
0661	April 3

More information:

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Visit: www.gulfcoast.edu/continuinged

