

COMMUNIVERSITY

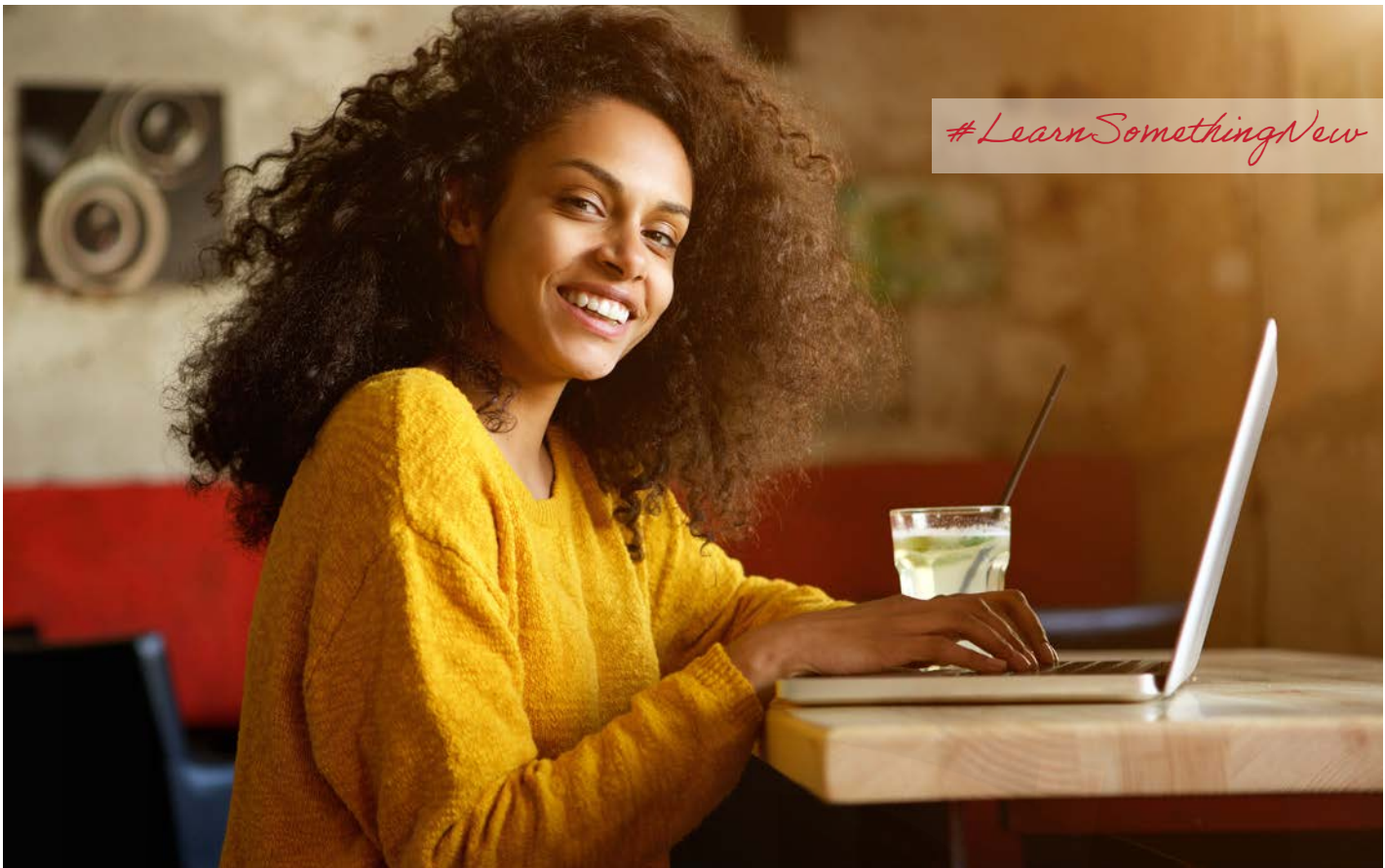
WINTER 2020

communiversity.uc.edu



**DEVELOP,
GROW,
LEARN
SOMETHING
NEW!**

Choose from
over 130
personal enrichment
and professional
development
courses and
certificates



#LearnSomethingNew

By taking a class, learning a new skill, you are investing in yourself.

*Communiversality is here to help!
Choose from over 130 classes
in our Winter term.*

Classes are taught in-person and online by knowledgeable instructors in our adult learning environment that is both informal and fun!

Look around at the most successful and happiest people you know. Chance are they have taken time to invest in themselves. When you learn something new or try something different—whether it's traveling to a new place, learning a new skill, or taking a class, you become enriched, you develop and grow.

Here's a few ways Communiversality can help you invest in yourself in the new year.

Start out by getting organized with our 4-week bullet journaling course. Then take a moment to check out our many fitness and health classes to nurture your body. Add in an opportunity to unleash your creativity in an art class, such as learning to paint like the masters with Kevin McCarty. Or, you can enjoy the Cincinnati Art Museum from a whole new level by taking art history classes hosted by art historian Kathleen Stockman.

There are also plenty of classes at Communiversality to help you expand your business and financial knowledge—discover how to get the money and people you need to make your dreams become a reality in our Financial Visioning course. Or, become inspired by Cincinnati's "mompreneur," Chanel Scales, as she teaches you how to start a side business.

It is your responsibility to take the time to develop your gifts and talents, so you can become the best version of yourself, and Communiversality is here to help.

*Janet Staderman
Program Director*

Sharable Classes

*A nice way to spend
a winter evening!*



Great new classes that offer a
DISCOUNT FOR TWO!

COOKING WITH COFFEE

Join the chefs of the Jaded Fork and coffee shop owner Alejandra Flores of Unataza in Dayton, KY for an afternoon of coffee and food pairings, including a unique espresso infused cocktail. You will also get to take home an authentic coffee rub/blend that you will create during the class **Saturday, January 11**. See page 23 for details.

VALENTINE'S CHEESE AND WINE PAIRING DINNER

Jaded Fork for returns for a Valentine's evening filled with cheese and wine. Your menu will feature an assortment of cheeses, accented perfectly throughout a 4-course meal, with a plated dessert to end your evening. **Friday, February 14**. See page 23 for details.



Welcome!

WINTER 2020 CLASSES

How to Enroll 39

The Arts

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Enroll online and see full course descriptions:

communiversity.uc.edu

LOCATION:

Most classes are held at UC's Victory Parkway Campus at 2220 Victory Parkway, Cincinnati 45206. There is ample free parking in the rear lot. If a class will be held at another location, it is noted in the class description. Addresses and map can be found online.

INSTRUCTORS:

Classes at Communiversity are taught by skilled educators, professionals and expert craftspeople. For more information about the instructors in each class, see our online catalog.

ART HISTORY AT THE CINCINNATI ART MUSEUM WITH KATHY STOCKMAN

cincinnati art museum

Through a combination of lecture format and gallery exploration, this course aims to provide students with a broad understanding of the most representative works from each period, while also learning how specific objects from the Cincinnati Art Museum's collection fit within the history of art.



Cincinnati Art Museum art historian Kathy Stockman

ABOUT THE INSTRUCTOR:

With over 20 years of teaching, researching and writing about art history, Kathy believes an intellectually engaging appreciation of art and culture can and should take place both inside and outside of the classroom, and she has devoted herself to inviting all people into that conversation; art historians, artists, and art lovers of every level.

MIDDLE AGES TO THE ENLIGHTENMENT

This class will survey more than 500 years of artistic and stylistic developments in Western Europe, Central Africa, and the Near East. Through a combination of lecture format and gallery exploration, students will develop a broad understanding of the most representative works from each era and region, while also learning how specific objects from the museum's collection fit within the history of art. The gallery exploration includes visiting European Art, Islamic Art, and African Art.

Four-week session / \$159

Th, Feb. 6-27 6-7:45pm Kathy Stockman



"Very knowledgeable instructor with lots of discussion about art!"

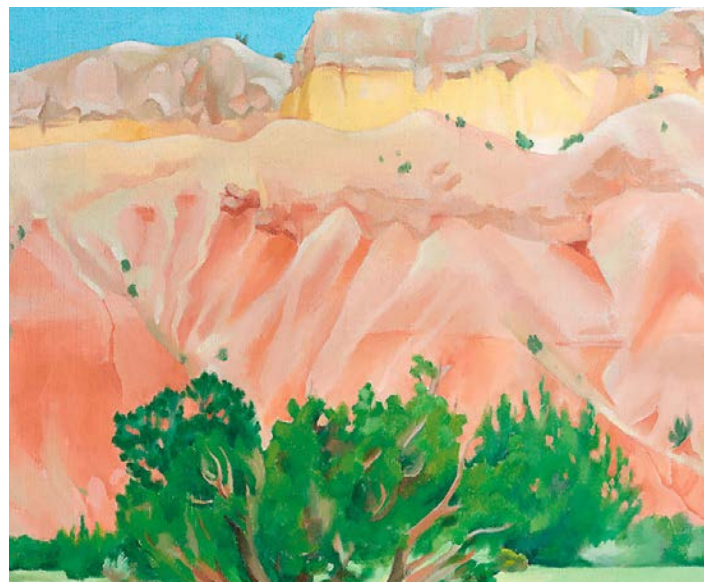
- Connie McCluskey,
Art History @ CAM student

WOMEN IN THE GALLERIES

Women are so seldom the focus of art exhibitions and museum collections. Yet history has revealed their powerful influences throughout the arts and cultures. The Cincinnati Art Museum has never been shy about showcasing the importance women artists with its permanent exhibition of works by Adelaide Nourse, Mary Louise McLaughlin and Maria Longworth Nichols Storer. With "Women Breaking Boundaries," the CAM invites us to explore the role of women in the arts throughout history and around the world. *Women in the Galleries* is a single evening class that exposes the secret of women's influence in the arts held too long in most art histories. This class looks at well-known artists like Mary Cassatt and Georgia O'Keeffe, and Lorna Simpson as well as highlighting works by and about women throughout various parts of the world opening a discussion about gender, inclusion in the arts and the world. The class will then visit the museum galleries to see how these women have impacted the arts and continue to be a powerful influence of the CAM collection and celebrated in "Women Breaking Boundaries."

One session / \$39 **NEW!**

Th, Mar. 26 6-7:45pm Kathy Stockman
Admission to the Cincinnati Art Museum is included.



Georgia O'Keeffe, *My Back Yard*, 1943. Oil on canvas.
Cincinnati Art Museum

MODERN AND CONTEMPORARY ART

During this third class in our Art History series, you will survey the history of art from the early modern period through the 20th century (roughly 1800-2000) in Europe and the United States. You will learn about key developments of the avant-garde by introducing the aesthetic innovations of Realism, Impressionism, Post-Impressionism, Cubism, Dada, and Abstract Expressionism, among others. We will visit the galleries of American Art, 19th and 20th Century European Art, Modern and Contemporary Art, as well as the Cincinnati Wing.

Four-week session / \$159

Th, Apr. 23-May 14 6-7:45pm Kathy Stockman


LEARN TO PAINT LIKE THE MASTERS! WITH KEVIN MCCARTY



ABOUT THE INSTRUCTOR:

Kevin McCarty has been a professional artist for over 40 years and paints landscapes, portraits, and still life. Kevin was born in Cincinnati, Ohio and has resided in various parts of the country, including, Atlanta, Dallas, Clearwater, and New York City. He also spent time working in Europe and obtaining first-hand knowledge of the masters and major schools of painting.

Our classes are appropriate for beginners, but also geared to intermediate students who have previously attended Kevin's classes.

 One gallery-wrapped, stretched 11 x 14" fine art canvas, a set of brushes, and a full set of paints in a broad spectrum of colors are included in the class fee. Take home your original piece of art ready for framing! No discounts may be applied to these classes.

SNOW AT LOUVECIENNES BY ALFRED SISLEY

Embrace the beauty of winter and experience Alfred Sisley's fresh approach to impressionism as you paint your own version of this serene snowscape. The impressionists developed a wonderful sensitivity to winter whites and blues, an exceptional ability to see the various modulations of color in snow. In this class, begin training your eye to see those modulations instead of just white snow, to differentiate the color abundance in the blues and grays of winter, as Sisley did. Learn about the impressionists' spontaneous approach to nature and their ability to mix colors together to suggest light. Practice painting the color variations in light and shade, rapidly breaking down tones into primary and secondary colors and expressions, and creating tonal harmony.

One session / \$89

Sat, Nov. 23 12-4pm Kevin McCarty

BOWL AND SILVER GOBLET BY JEAN CHARDIN

Jean-Baptiste-Simeon Chardin was dubbed the grand magician by 18th century art critics. He was famous for his technical mastery in painting still life subjects that documented the life of the Paris bourgeoisie. Bowl and Silver Goblet is characterized by Chardin's subdued colors, mellow lighting, and uncannily realistic textures. In this class, we will become familiar with Chardin's technical skills and practice using his thick, layered brushstrokes to evoke texture, to capture the bloom of flowers, ripeness of fruit, and reflections on a silver surface. Produce your own expression of Bowl and Silver Goblet in a modern context by building on traditional painting techniques.

One session / \$89 **NEW!**

Sat, Jan. 18 12-4pm Kevin McCarty

HAYSTACKS IN THE SNOW BY CLAUDE MONET

Come to this class to explore one of Claude Monet's famed and majestic paintings of grain stacks. These paintings are considered to be an entryway to Modernism and Abstract Expressionism, with their focus on simple shapes, variations of light, and intensity of color depending on the season. Monet's rectangles and triangles paved the way for Abstract Expressionistic shapes, such as those of Mark Rothko. Put your own spin on Impressionism in this class. Learn to break down the prismatic colors of Monet's palette and reassemble them in your own inimitable way on canvas. Practice creating diagonal swaths of light, imitate the gilded and burnished surface of the stacks, and walk away with your own version of Monet's grain stacks in the snow.

One session / \$89 **NEW!**

Sat, Feb. 22 12-4pm Kevin McCarty



WOMAN SEATED BESIDE A VASE OF FLOWERS BY EDGAR DEGAS

Edgar Degas was a complex innovative artist whose paintings bridged the gap between traditional academic art and the radical movements of the 20th century. In this painting, the prominent bouquet and the off-center figure, gazing distractedly to the side, exemplify Degas's aim of capturing individuals in seemingly casual, slice-of-life views. Join this class and use a combination of drawing, simplified form, and lyrical color to approximate the image Degas was trying to convey. Practice and build on his painting techniques to produce your own version of Degas' Woman Seated Beside a Vase of Flowers in a modern context.

One session / \$89 **NEW!**

Sat, Mar. 21 12-4pm Kevin McCarty

ARTS & HANDICRAFTS

STAINED GLASS ART AT THE ARTIST'S GLASS STUDIO WITH MARY JANE RIGGI

Some studio tools may be available for use by students and others may be purchased from the instructor. Registered students must call us a few days in advance of the class to discuss project ideas and tools. Classes are limited to 8 people, so register early!



LEAD PANEL STAINED GLASS

Learn the "old" method of stained glass, assembling with lead channels. Instruction includes: glass selection, method of cutting glass, leading and soldering. Patterns available from instructor (most about 11"x17" approximate size of project).

One session / \$79, plus supply fee payable to instructor

Th, Feb. 27-Mar.5 6-9pm Mary Jane Raggi

STAINED GLASS FOR BEGINNERS

Begin with the basics of building a Tiffany style panel using the copper foil method. Learn types of glass cutting techniques, grinding, foiling, soldering and framing a panel. Complete a panel of your choosing (sizes vary but the average is 11 x 17).

Two sessions / \$79 (choose one)

Plus supply fee payable to instructor.

Sat, Feb. 22 10:30-4:30pm Mary Jane Raggi
W, Mar. 11-18 6-9pm Mary Jane Raggi

MOSAICS

Make a stunning mosaic tray, table top, panel or project of your choice using the direct mosaic method. Bring your own item and add a mosaic design to it or choose from items available at the studio. If you've got some old cups or plates, bring them and a hammer to turn them into works of art.

One session / \$69

Plus supply fee payable to instructor.

Sat, Feb. 8 10:30-4:30pm Mary Jane Raggi



"I loved the creativity involved in choosing materials to weave!"

- Kathe Bender,
Weave Your Scraps student

NEW CLASS! WEAVING WITH ABIGAIL SCHNURE

Classes are limited to 8 people, so register early!

UPCYCLED TAPESTRY

Learn the basics of frame loom weaving while repurposing scrap materials into a unique tapestry. In this 1-day workshop we will explore alternative materials such as plastic and fabric. We will cover processing materials into weavable materials and basic weaving techniques. Open to all skill levels. All materials provided.

One session / \$85

NEW!

Sat, Mar. 7 10am-2pm Abigail Schnure



Here's an example from Abigail's studio of what you can do by repurposing weavable materials using basic weaving techniques to create wall hangings, sofa fabric and rugs from plastic and fabric.

WEAVE YOUR OWN WALL HANGING

Explore the ancient craft of weaving in a modern twist! Campers will have the unique experience of creating and decorating their own cardboard looms. Together we will learn the basics of weaving using materials such as yarn, plastic bags, paper, and fabric, creating a rainbow of textures and colors, leaving with a one of a kind woven artwork! All materials and tools provided.

One session / \$85

Sat, Feb. 8 10am-2pm Abigail Schnure

IRISH CHAIN QUILT PATTERN WORKSHOP

The Irish Chain is one of those terrific quilts for beginners—it's all strips and squares—no triangles or bias edges to deal with. No fancy rulers to buy. But it's not JUST for the beginning quilter. During this 2-week class, you will learn about symmetry, fabric choices, piecing and design of your quilt. You will master your quarter inch seam allowance and rotary cutting skills. By the end of this class, you will have a finished lap size quilt. This course is limited to 6 people.

Two week session / \$129

Sat, Mar. 21-28 10am-4pm Laura Osborn-Coffey

NEW 2ND CLASS! CALLIGRAPHY WITH KAREN MCMANNON



LEARN COPPERPLATE SCRIPT CALLIGRAPHY

The beautiful Copperplate Script, often used for wedding invitations, will be taught in a simple, yet thorough approach in this 6 week class. You will learn how to form the basic strokes to create the lower case letters, and then pen the elegant capitals, using the flexible pointed nib in the oblique penholder. You will be provided with worksheets for hands on practice as well as script samplings for inspiration. Expect a lot of pen play and enjoyable results.

Six-week session / \$259

W, Jan. 29-Mar. 11 6:30-8:30pm Karen McMannon
(No class Feb. 26)

CONTINUING COPPERPLATE SCRIPT CALLIGRAPHY

For those you have studied the first six weeks or those who would like a refresher course, this class focuses on the use of Script. You will write smaller for practical applications such as letter writing, envelope addressing and placecards. You will learn the versatility of the capitals and design your own monogram. You will refine the lower case, experience different pen nibs and flourish on finer paper, then add color and metallic inks. Expect to create a finished creation worthy of framing.

Six-week session (choose one) / \$229 **NEW!**


Th, Jan. 9-Feb. 13 6:30-8:30pm Karen McMannon
W, Mar. 25-Apr. 29 6:30-8:30pm Karen McMannon

CHIP CARVING ORNAMENTS

This course will allow you to apply the chip carving skills learned and practiced in the Beginner Chip Carving course to make ornaments for yourself, family and friends. Select from a variety of available shapes and designs to carve three (3) of your choosing. If desired, highlights can be painted onto them.

Three-week session / \$119 **NEW!**

M, Dec. 2-16 6:30-8:30pm Rick Bissonnette

 Supplies are included in the class fee. Class is limited to 10 people, so register early!

2 NEW CLASSES! JEWELRY MAKING WITH ARTIST BANU KESAVALU

JEWELRY MAKING: MIXED MEDIA NECKLACE AND MATCHING EARRINGS

Combine two jewelry techniques to create a contemporary, unique pendant necklace and a pair of matching earrings. In this 2 hour class, you will learn how to make simple wraps, coils, include charms and boost a jewelry by adding diverse materials to create a unique pendant necklace and matching earrings.

The instructor will bring jewelry tools but you are welcome to bring your own (Plier sets) if you have them. No prior experience needed.

One session / \$25 **NEW!**

Sat, Mar. 28 10am-12pm Banu Kesavalu

Plus \$20 supply fee payable to instructor in class (includes jewelry findings, colorful leather cords, ribbons, fiber, Swarovski crystals, metal chain, and supplies to complete the in-class projects).



JEWELRY MAKING: POLYMER CLAY EMBROIDERY

Explore the wonderful world of "Polymer Clay Embroidery" by creating a floral pendant necklace and a pair of matching earrings using Polymer Clay (oven-bake clay) which is a versatile medium that gives you flexibility to create breath-taking projects!

In this 2 hour class, you will learn how to condition and color mix Polymer Clay, create floral embroidery using polymer clay and fine needle tools. Other techniques include bead piercing and baking the clay at the right temperature. Materials and tools will be provided, but you are welcome to bring your own jewelry tools, if you prefer. No prior experience needed!

One session / \$25 **NEW!**

Sat, Jan. 11 10am-12pm Banu Kesavalu

Plus \$20 supply fee payable to instructor in class (includes Polymer Clay, findings, cords and other supplies to complete the in-class project).




ARTS & HANDICRAFTS

2 NEW CLASSES! PICTURE FRAMING

ABOUT THE INSTRUCTOR

Willie Evans is an artist and framer and the owner of Art Expectations, Ltd., custom wall art designs for commercial and residential.

 All supplies are included in class fee. Class is limited to five people. Register early!



INTRODUCTION TO PICTURE FRAMING

This is a perfect class for working artists. In this class, you will learn the importance of framing artwork and the history of picture framing. You begin by learning the basics of frame design, such as how to measure and cut mats, glass, and molding. You will also learn how to select the right molding for a subject matter; how to choose and work with colors to enhance; how to mount various types of artwork or photos; and how to properly fit the works in the frame complete with hangers, importance of ramming and more.

Four-week session / \$89

NEW!

M, Jan. 27-Feb. 17 6:30-8:30pm Willie Evans

ADVANCED PICTURE FRAMING

The Advanced Picture Framing class is for the participant who is ready to cut mats, glass, and picture frame molding. The Introduction to Picture Framing is a prerequisite to the Advanced Picture Framing Class. Participants must know how to arrive at an overall size for the mats, glass and frame molding before taking this class. An understanding of mat design is necessary. In this class, participants will cut the mat board, glass, and molding. They will mount the artwork and miter the corners of the frame. Students are offered technical, business and design training as a hands-on opportunity to gain knowledge of the different techniques used in the trade.

Six-week session / \$119


NEW!

M, Feb. 24-Mar. 30 6:30-8:30pm Willie Evans

LEARN TO CROCHET WITH CAMIELLE HOWARD

ABOUT THE INSTRUCTOR

Camielle Howard is owner of Cam's Crochet, Ltd, Camielle has been crocheting for 11 years and specializes in accessories for all ages.

 Materials provided include yarn and crochet hook. (Instructor will help each individual determine the most appropriate yarn weight and hook size for their needs).

CROCHET FOR BEGINNERS

Have you always wanted to learn to crochet, but weren't sure where to start? Do patterns and pattern charts overwhelm you? Come receive personal instruction from Camielle Howard, owner of Cam's Crochet. You will learn about types of yarn and hooks as well as beginner stitches that will enable you to complete your first project, a warm hat just in time for winter!

Six-week session / \$139

W, Jan. 15-Feb. 19 6:30-8:30pm Camielle Howard
Class is limited to 10 people. Register early!

CROCHET FOR INTERMEDIATES

Broaden your knowledge of crochet with pattern stitches, shaping, and crocheting in the round. Also learn tips and tricks to make adding new yarn, changing colors, and finishing your work seem effortless! Students will have a choice of completing a shawl or a blanket as the project for this class.

Six-week session / \$139

NEW!

W, Mar. 4-Apr. 8 6:30-8:30pm Camielle Howard
Class is limited to 10 people. Register Early!

What Is Galentine's Day?



Basically, it's like Valentine's Day, only instead of celebrating the love you have for your significant other, you spend it with your best girlfriends, who are, after all, your soul mates, and deserve something special, too!

GALENTINE'S DAY FLORAL WORKSHOP WITH EVE FLORAL CO.


Call your favorite gals and join Evelyn of Eve Floral Co. for an evening of friendship, flowers and food celebrating Galentine's Day! Learn flower fundamentals, organic and natural floral design techniques while designing with a romantic color palette. Students will each have a private selection of seasonal flowers and a beautiful keepsake vessel to design in this 2 hour course where you create your own arrangement to take home.

1 session / \$89

Th, Feb. 13 6:30-8:30pm Evelyn Streeter
This class sells out quickly. Register early!

NEW CLASSES! AT SEW VALLEY

SEW VALLEY

 All materials are included in the class fee. In Pattern Making and Draping workshops, students will each be provided a pattern drafting kit that will include fabric, rulers, French curve, tracing wheel, pencil, drafting paper, etc. Please expect homework in between classes in the form of sewing the basic skirt and bodice for review. No discounts may be applied to these classes. **Class sizes are limited, so register early!**

Location: 1010 Hulbert Ave, Cincinnati, OH 45214

INTRO TO INDUSTRIAL SEWING

Join us for a one day class, perfect if you have some sewing experience and want to broaden your skill set. In this class, you will learn the concepts of industrial versus domestic sewing, why these are vastly different, and when to know you need one versus the other. You will learn how to use a straight stitch and zig zag machine, a three-thread serger, and iron. You will create a pillow with zipper which you will take home. This class regularly sells out, so register early.

3 sessions (choose one) / \$149

Sat, Dec. 7	10am-2pm	Madeleine Tepe Misleh
Sat, Feb. 1	10am-2pm	Madeleine Tepe Misleh
Sat, Mar. 28	10am-2pm	Madeleine Tepe Misleh



Shailah Maynard (left) and Rosie Kovacs (right) both have fashion backgrounds and want to help other designers succeed in Cincinnati. Emily Maxwell | WCPO

ABOUT THE INSTRUCTORS

Rosie Kovacs, owner and co-creator of Sew Valley, is a graduate of UC's College of Design, Architecture, Art & Planning with a degree in fashion design. Rosie and Shailah Maynard created this nonprofit to provide a space where entrepreneurs with sewn products can have their designs sampled, prototyped and even manufactured in small batches.



MAKE DO AND MEND

Make Do and Mend is a crash course in sustaining your current closet and truly owning your clothes. Taking care of garments is a deliberate counter to mainstream overconsumption practices, in that sense mending is a radical action. You'll learn how to patch that tear in your jeans and sew that button back on your shirt. Students will get a brief history of mending along with inspiration from local tailors to fine artists. They will also make their own references for hand sewing and patching techniques. Reclaim your closet as you explore visual opportunities for self-expression through mending.

Two sessions (choose one) / \$45

NEW!

Sat, Jan. 11	10am-1pm	Taylor Stewart
Sat, Mar. 7	10am-1pm	Taylor Stewart

WASTE NOT WEAVING

Learn the basics of tapestry weaving by creating wall art with fashion textiles diverted from landfills. Students will be weaving with scrap left over from Sew Valley's small batch apparel production. Support our efforts to reduce waste in apparel production by weaving it into a unique hanging wall tapestry. All materials will be provided.

Two sessions (choose one) / \$59

Sat, Feb. 29	10am-2pm	Toby Gaines & Karen Anderson
Sun, Mar. 22	10am-2pm	Toby Gaines & Karen Anderson

BULLET JOURNALING



Start the year off right! Part calendar, part to-do list, part journal, bullet journals provide organization with creativity

woven through out. Leave this class with your fully functional 2020 journal.

SEE PAGE 16 FOR COURSE DATE / TIME

ARTS & HANDICRAFTS

INTRODUCTION TO WIRE JEWELRY MAKING

In this course, you will learn incredible jewelry making and beading techniques! Prompted by simple, step-by-step wire working instructions, you will learn wire wrapping techniques such as simple loops, wire wrapped links and wire wrapped pendants. You will walk away with our own personalized set of earrings or bracelet.

Laquetta Kinebrew is the craft goddess of Brewing Arts. Brewing Arts is a creative service company that provides instruction in knitting, sewing, crochet and jewelry making. Includes supplies

One session / \$55

NEW!

Sat., Jan 25

10 am – 1 12 pm

Laquetta Kinebrew

KNIT MITTS: BEGINNING KNITTING 1

Do you want to start knitting and create something useful and fun? This two-week course will show you how to knit Fingerless Mittens. You will learn to cast-on, make the knit stitch, measure gauge, cast-off and finish the mitts. You will see how to make these mittens in different sizes. This small project can be easily carried around as you practice your knitting skills between session. Yarn and needles will be provided.

Two-week session / \$69

NEW!

M, Jan 27-Feb 3.

6:30-8:30 pm

Barb Eden

This class is limited to only 6 people. Register early!



HOW TO GET STARTED IN MODEL RAILROAD

This is a crash course in planning and building a model train layout in any scale. You will learn about design, space and budget considerations as well as portability and vendor sources. In addition to layout construction, you will learn the basics of wiring and how to incorporate past and current techniques. Lastly, you will learn how to create scenery with mountains, tunnels, lakes and streams, and effective weathering with sky and clouds. Several working demonstrations will be viewed during class. Most of the information shared will apply to any gauges, however, the instructor's primary expertise is O-gauge.

One session / \$75

NEW!

Sat, Jan. 11

9am-12pm

Lawrence Goodridge

Spotlight Class

UNLOCKING THE POWER OF EMOTIONS



Do you recognize the emotion you are feeling? Can you manage those feelings without allowing them to swamp you? Can you motivate yourself to get jobs done? Do you

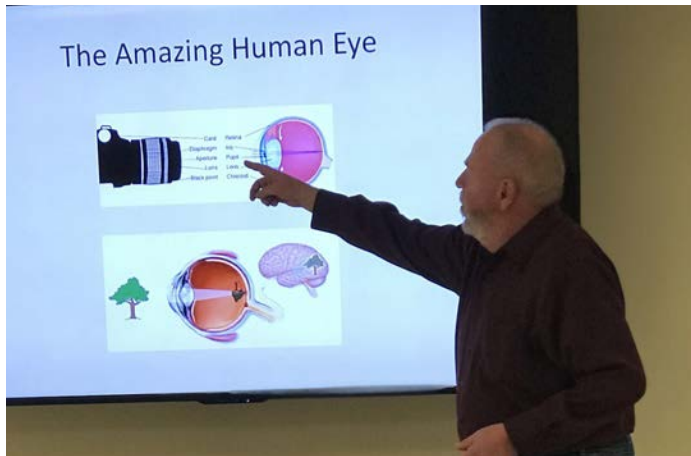
sense the emotions of others and respond effectively? The ability to understand and manage your emotions is the first step in realizing your true potential. In this new half-day workshop, Karen Weinberg, an executive coach and corporate trainer, will introduce you to the concept of Emotional Intelligence (EI) and how it relates directly to your work and personal life.

SEE PAGE 17 FOR COURSE DATE / TIME

Karen Weinberg is an executive coach and corporate trainer who brings over twenty-two years of business experience to every engagement. Karen's warm and facilitative style enables her clients to feel comfortable doing their best work in a creative and safe space. Karen's corporate finance background enables her to connect with clients on a business level, and her enthusiasm for individual growth and development makes every engagement a learning experience. Karen is currently pursuing an Executive Coaching credential at the College for Executive Coaching.



**LEARN PHOTOGRAPHY WITH
JOHN ENGLEMAN**



SMART PHONE PHOTOGRAPHY WORKSHOP

For iPhone, iPad, and Android. Take amazing photos with your mobile device! If you love shooting, processing and sharing images with your mobile device, this class is guaranteed to up your game. Discover today's most powerful apps to correct, enhance and transform your photos. In the first session, you will learn the basic principles of photography and creative techniques that you can apply to your mobile device. You get a better understanding of focus, exposure & light, and learn quick and easy tricks for taking portraits, action photos and more. In the second session, you will get familiar with the mobile photography tools and review the best apps for shooting, enhancing and editing photos. Bring your smartphone, and your ideas and let's get creating!

Two-week session / \$69

NEW!

M, Mar. 23-30

6:30-8:30pm

Kyle Sliney



MASTERING YOUR DSLR CAMERA

Take control of your digital SLR camera. In this course, you will break through the technology barrier and learn how to use your DSLR to take beautiful photos. You will start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, you will learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You will find out how to use these features to get the right exposure for every shot. Then turn your attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you will be able to take your photography to the next level. By the end of this course, you will truly be a DSLR master.

Six-week online session / \$129

NEW!

Sessions start montly

Curt Simmons



© John Engelman

ABOUT THE INSTRUCTOR

John Engelman is a professional photographer specializing in commercial, portraiture, and fine art images.

INTERMEDIATE PHOTOGRAPHY

This course is designed for those who love to take pictures and want to enhance their skills. In this course we spend plenty of time discussing camera operation and how to take advantage of the features provided but most importantly we explore what makes a good photograph. Once you have a better idea of how a camera works you can concentrate on what's in the frame. Subjects such as composition, selective focus, exposure, and lighting combined with a better understanding of camera controls can open a whole new world of image making and are the emphasis of this course. Students should have basic experience taking pictures and have a camera with adjustable controls such as a DSLR although those with advanced point and shoot cameras will also benefit from this course. Class includes a field trip weather permitting.

Six-week session / \$169

Th, Jan. 9-Feb. 13

6-7:20pm

John Engelman

PHOTOGRAPHIC LIGHTING

In this course, we will explore how lighting can enhance your photographs using professional techniques for natural or applied lighting. It begins with the basics of light theory, quality, direction, and manipulation. While the course emphasizes lighting for portraiture we will also discuss lighting in general for all types of images including landscapes, travel, and product photography. Classes include demonstrations of lighting techniques and in-class photo shoots with various types of lighting equipment such as flash and reflectors. Students are encouraged to apply what is learned in the class to their own photographs and share the results during class time. Lighting equipment will be available for use during class or you may bring any lighting equipment you have already have but what to learn more about. A location photography field trip is also planned for one of our weekly sessions (weather permitting). Students should have a basic understanding of camera operation and have some photographic experience.

Six-week session / \$169

Th, Jan. 9-Feb. 13

7:30-8:50pm

John Engelman

MUSIC & DANCE

STUDY PIANO IN THE STATE-OF-THE-ART MARY EMERY HALL AT CCM

ABOUT THE INSTRUCTOR

Hye-Eun Suh, teacher and performer of piano, is affiliated with the University of Cincinnati College-Conservatory of Music and is trained in Recreational Music Making.

PIANO BASICS I

Using the "Musical Moments, Book One", we will learn to read music and play by chords. No previous musical experience needed. Your success is attributed to the comfortable pacing and logical sequencing of the materials. We will meet in a state-of-the art piano facility; each piano has headphones. You will progress with the aid of some home practice, but it is understood you are busy--this is a guilt-free class. You may repeat this course as many times as desired.

Two Five-week sessions (choose one) / \$125

Plus required text

Tu, Jan. 14-Feb. 11	7-8pm	Hye-Eun Suh
Tu, Feb. 25-Mar. 24	7-8pm	Hye-Eun Suh

PIANO BASICS II

We will continue and finish the "Musical Moments, Book One." Additional pop chord charts and reading will be supplemented. We will meet in a state-of-the art piano facility; each piano has headphones. You will progress with the aid of some home practice, but it is understood you are busy--this is a guilt-free class. You may repeat this course as many times as desired.

2 Five-week sessions (choose one) / \$125

Plus required text

Tu, Jan. 14-Feb. 11	7-8pm	Hye-Eun Suh
Tu, Feb. 25-Mar. 24	7-8pm	Hye-Eun Suh

Both classes require textbooks. Please visit the online course description for textbook information. If you're unsure which level to sign up for, please contact the instructor through the CM office.



NATIVE AMERICAN FLUTE

For Beginners and Advanced Musicians. The Native American flute is surprisingly easy to learn. Even those with no musical background can pick up a flute and make wonderful sounds right away. There is no need to read music, as we play from the heart. We also use Native American Flute Tablature. Student flutes are provided for you to use and professional flutes will be available for purchase at the first class.

Three-week session / \$89

Th, Apr. 2-16	6:30-8:30pm	John De Boer
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GUITAR & UKULELE LESSONS WITH KEVIN TOPMILLER



ABOUT THE INSTRUCTOR

Kevin Topmiller, MM in classical guitar performance with UC's College Conservatory of Music, is an active performer and guitar teacher.

GUITAR FOR BEGINNERS

Explore varying styles of music as you conquer the fundamentals of guitar technique, reading music, and chord study in a group setting. Increase your enjoyment of playing as you establish proper playing techniques. Bring an acoustic (not electric) guitar to all classes and find out that anyone can read music and anyone can play!

Six-week session / \$169 Plus required text.

Tu, Jan. 14-Feb. 18	7:30-8:30pm	Kevin Topmiller
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UKULELE FOR BEGINNERS

Ukuleles aren't just for luaus! After mastering the fundamentals (tuning, holding and finger placement), we'll focus on really getting comfortable with your instrument. Watch, listen, and play along as you build on the basics of chords, strumming, playing up the neck, and trying out some variations and tempos. No musical experience needed. Bring your ukulele and let's make some music.

Six-week session / \$169 Plus required text

Tu, Jan. 14-Feb. 18	6:30-7:30pm	Kevin Topmiller
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Mardi Gras! LET THE GOOD TIMES ROLL!

with our New Orleans inspired cooking class. Learn the best-kept secrets for authentic New Orleans cooking on Thursday, Feb. 20

SEE PAGE 22 FOR COURSE DATE / TIME

**DANCE, DANCE, DANCE
WITH SUSAN JACOB**

ABOUT THE INSTRUCTOR

Susan Jacob has independently taught dance classes for over ten years. She teaches all styles of dance. Susan began her career with the Texas Ballet Theatre before coming to work for the Cincinnati Ballet.

SOCIAL SWING DANCE WORKSHOP

Looking for a fun time while learning America's favorite dance? Swing is it, baby! Starting with basics and working our way up, we can help you with dance fundamentals (i.e., lead/follow, timing, patterns, etc.) and showing your style on any dance floor. Anyone can dance, and we can show you how. Ages 13+ and all levels are welcome! Open to singles or couples. Wear anything comfortable to move in, and be ready to have fun!

Six-week session / \$119

F, Jan. 10-Feb. 14 6:30-7:30pm Susan Jacob

SALSA DANCE WORKSHOP

Join the Latin Craze on the dance floor! Starting with the basics of salsa dance from lead/follow, timing, and rhythm and ending with a good combination of moves you can use to shake it on the dance floor...or on your kitchen floor! Ages 13+ and all levels are welcome! Open to singles and couples. Wear anything that is comfortable to move in, and join the fiesta!

Six-week session / \$119

F, Jan. 10-Feb. 14 7:45-8:45pm Susan Jacob

Spotlight Class

WHAT IS LIQUID MOTION?



Liquid Motion® is a method and style of dance and movement education that is life changing for a higher level of self-esteem, a deeper knowledge of oneself, and a stronger, healthier

body that moves with confidence and grace.

Your instructor, Georgina Opoku began her career in the arts performing and teaching African dance with Bi-Okoto Culture Dance Center in 2015. She has been a coach teaching modeling, acting, and personal development to young girls.

SEE PAGE 19 FOR COURSE DATE / TIME

INTRO TO SCREENWRITING WORKSHOP

In this hands-on intensive 8-week course, you will turn your screenplay idea into a reality. You will learn the craft of screenwriting while balancing character, plot and action. Our expert instructor will guide you through initial concept, pitching the idea, developing a log line, creating a scene outline, and the beginnings of your first draft. We will also review scripts and movies and discuss them each week. By the end of this course, you will have a compelling first act and a strong desire to further develop your story. You do not need any previous screenwriting experience to sign up for this course. However, come with an idea for your screenplay. This idea will serve as a starting point for your work throughout the class.

Eight-week session / \$299

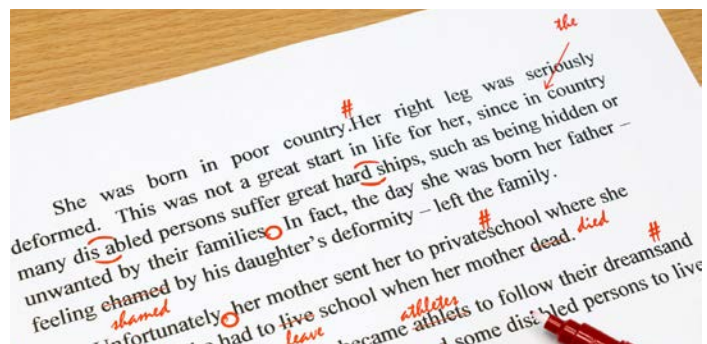
NEW!

M, Jan. 27-Mar. 16 6:30-8:30pm Steven Lowery

**2 NEW CLASSES! IN WRITING
WITH VICTORIA RYAN**

ABOUT THE INSTRUCTOR

Victoria Ryan writes fiction and nonfiction for children and adults with over 100 bylines including international books and national magazines. She is the Founder & Chair of the Mad Anthony Writers Conference.



THE FAIRYTALE OF PUBLISHING

Before you submit your manuscript to an editor, you need to take this class! In five-weeks, you will learn basic self-edits and address common writing flaws. You will identify the impact these flaws have on the writer, the publisher, the reader and your manuscript. You will also learn strategies to address general issues, like, when and what to revise; copy edits; and macro and micro content issues.

Five-week session / \$129

NEW!

Tu, Jan. 21-Feb. 18 6-8pm Victoria Ryan

ADVANCED CONTENT REVISION: SCENE WRITING

In this five-week class, you will review the critical importance of scenes - what all scenes need and how to ensure that they have it. We will discuss basic scene requirements, 2-Scene design, scene charts, pacing, frequency and other strategies to plan, write and revise your fiction; and will learn to apply them to your own writing. Whether you have finished your first draft, are stuck on your tenth rewrite or haven't yet written a word, this class will strengthen your manuscript!

Five-week session / \$129

NEW!

Tu, Mar. 3-31 6-8pm Victoria Ryan

COMMUNICATION & WRITING

A TO Z GRANT WRITING

A to Z Grant Writing is an invigorating and informative course that will equip you with the skills and tools you need to enter the exciting field of grant writing! You'll learn how to raise needed funds by discovering how and where to look for potential funders who are a good match for your organization. You'll also learn how to network and develop true partnerships with a variety of funders, how to organize a successful grant writing campaign, and how to put together a complete proposal package.

Six-week online course / \$129

Sessions start monthly

Linda Vallejo

EDITING IS FOR EVERYONE

A good editor makes the difference between a piece of writing that is acceptable and one that is professional and polished. Whether you edit as part of your work or volunteer responsibilities or you want to make your own writing the best it can be, this four-week course will give you the tools, techniques, resources, and hands-on experiences you need to understand the craft of editing and build your editing skills. You will learn the types of editing; what an editor does—and does not do; the difference between style sheets, style guides, style manuals—and how to choose the one that is right for you; a proven step-by-step system of editing; and how to adopt a reader-centric approach while protecting the author's style and voice. The class will also provide time for lively discussions of editing challenges and to answer your specific questions.

Four-week session / \$119

Th, Mar. 5-26 6:30-8:30pm

Janet Buening

ARE YOU AN OHIO EMPLOYER LOOKING TO UPSKILL YOUR WORKFORCE?



Communiversy provides industry-recognized certification training for your employees and Ohio Means Jobs may reimburse you.

CompTIA, / Adobe Certified / Microsoft Office Specialist / Cisco CCNA, / Android App Developer AutoCAD User / AWS Certified SysOps and many more.

Through Ohio's TechCred Program employers can be **reimbursed up to \$2,000** per credential when their current or prospective employees complete industry-recognized training.

For more information visit uc.edu/ce/professional_development or call 513-556-4354.

SPANISH FOR BEGINNERS

Spanish for Beginners is a class designed to build a basic working knowledge of the Spanish language through various readings, speaking activities, videos, and cultural readings. Students will learn the foundations of Spanish grammar, allowing for basic conversations in Spanish-speaking countries, and acquire cultural understanding of the countries where Spanish is spoken.

Seven-week session / \$189

Tu, Jan. 7-Feb. 18

6:30-8:30pm

Renata Gomes Silva

SPANISH FOR ADVANCED BEGINNERS

The Spanish course for advanced beginners will offer the students the opportunity to exchange information with basic questions and answers. In addition, the students will learn more vocabulary and can practice them with exercises in real everyday contexts. Students will work to improve their reading, listening, writing and oral comprehension skills. We will aim to study concepts of a higher degree of difficulty of the grammar such as the different conjugations of the verbs (-ar, -er and -ir) in the present (regular and irregular).

Seven-week session / \$189

Th, Jan. 9-Feb. 20

6:30-8:30pm

Renata Gomes Silva



SPANISH FOR MEDICAL PROFESSIONALS

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare.

Two-month online session / \$290

Feb. 3-Mar. 27

Cristina Sempé

SPANISH FOR LAW ENFORCEMENT

This course will teach you the basic Spanish phrases you need for everything from making casual conversation to handling life-or-death situations. You'll start with simple vocabulary for everyday topics including colors, numbers, conversational phrases, family names, and words for asking questions. Next, you'll learn Spanish terminology you can use during arrests, traffic stops, medical emergencies, and many other common law enforcement situations.

Six-week online session / \$129

Sessions start monthly

Tara Bradley Williams



Language instructors Antonio Iemmola and Mary Helen Weber

ITALIAN FOR BEGINNERS

Learn to communicate in this beautiful, musical language. You'll acquire the basics of pronunciation, vocabulary, grammar and sentence structure as you begin to develop your conversational skills. Emphasis will be on speaking and pronunciation, plus special expressions for travelers. Cultural travel tips will also be discussed.

Seven-week session / \$189

M, Jan. 27-Mar. 9 6:30-8:30pm Antonio Iemmola

FRENCH FOR BEGINNERS

Learn the basics of the most romantic of the Romance languages! This seven-week course will offer a foundation of French pronunciation, vocabulary, and grammar designed to make sense to American beginners. Students will become acquainted with contemporary French culture and geography and develop basic conversational skills useful for travel and everyday situations, all in an informal, encouraging atmosphere.

Seven-week session / \$189

Sat, Feb. 1-Mar. 14 11am-1pm Mary Helen Weber

GERMAN FOR BEGINNERS

Want to learn German but never knew where to start? Auf geht's! German is fun and easy to learn. You'll master the basics of the language by learning pronunciation, sentence structure, useful phrases, and cultural touchstones. By the end of the six weeks, you will be comfortable speaking the language and growing your skills naturally, whether you're in the classroom or traveling abroad. This course feeds into the German for Advanced Beginners course.

Six-week session / \$189

NEW INSTRUCTOR!

W, Feb. 12-Mar. 18 6:30-8:30pm Michael Burkel

GERMAN FOR ADVANCED BEGINNERS

Already familiar with the basics of German or looking for a language refresher? Sehr gut! This course focuses on travel and expands upon the German for Beginners course by introducing more advanced phrases and vocabulary to allow you the freedom to create your own sentences. The course will explore cultural and linguistic differences between German-speaking countries and regions of Germany, so you'll be comfortable speaking the language wherever your travels take you!

Six-week session / \$189

NEW INSTRUCTOR!

W, Apr. 1-May 6 6:30-8:30pm Michael Burkel

BEGINNERS MANDARIN CHINESE

This course will focus on speaking and listening to basic Mandarin Chinese with instructions on speaking with the correct tones. Students will begin with a basic understanding of the language and gradually increase their ability to converse with native speakers. Students will learn how to engage in conversation for travel, meeting new people, building relationships, personal accomplishment, and increase cognitive abilities not found in the study of any other languages.

Seven-week session / \$189

NEW!

Tu, Jan. 28-Mar. 10 6:30-8:30pm Leanna Lee

ENGLISH AS A SECOND LANGUAGE

A new session starts every month and lasts four weeks. Check our website for dates: communiversity.uc.edu
Location: Conversa Language Center 817 Main St # 600, Cincinnati, OH 45202

INTEGRATED CLASS

This class has everything you need to improve your English. Each week covers a different topic. In small classes, you will learn and practice these skills with your teacher and classmates. 14 hours of class time per week.

Four-week session / \$725

READING & WRITING CLASS

Writing in American English is difficult for most English students. Academic and business writing is much different in the United States. Our teachers will help you learn to write good paragraphs, essays, and research papers. With class sizes averaging 5 students and six hours of class time per week, you get individual attention.

Four-week session / \$245

CONVERSATION & PRONUNCIATION

Our small group classes are ideal for improving your conversation. With class sizes averaging 5 students, you have a lot of time to speak in class. Class topics are interesting and help you learn new vocabulary and speak correctly. Four hours of class time per week.

Four-week session / \$265

SOUL FOOD!

Learn the history of African culture and its impact on modern American cuisine on

Thursday, Feb. 6. You'll prepare a satisfying menu designed to impress even the most experienced soul food lover.



SEE PAGE 22 FOR COURSE DATE / TIME

PERSONAL DEVELOPMENT

ORGANIZE YOUR LIFE WITH BULLET JOURNALING

Do you have multiple to-do lists? Can't seem to keep your tasks organized? Forget long-term goals as fast as you make them? Then, bullet journaling is for you! Part calendar, part to-do list, part journal, with organization and creativity woven through out. Bullet journals feed your need to get organized with no artistic abilities required. This course is an introduction to the system, and you will leave with a fully functional 2020 bullet journal. Let's start the new year off right! Your first assignment will be to purchase a journal that is right for you AFTER your first class session. Please do not purchase a journal prior to your first session

Four-week session / \$99

M, Jan. 6-Feb. 3 6:30-8:30pm Marci Walton
(No class Jan. 20)

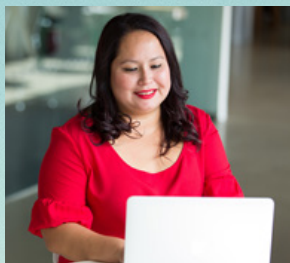
BECOMING A WEDDING OFFICIANT

The modern couple is getting creative in all aspects of their wedding plans: choosing nontraditional spaces and tons of personalization, including asking close friends to perform their ceremonies. But what are the steps you need to take to get to become legally able to officiate weddings in the Tri-State, and where do you start if it's a destination wedding?

One session / \$39 **NEW!**

M, Feb. 10 6:30-8:30pm Jill Gibboney

Spotlight Class



FINANCIAL VISIONING

You Have a Big Dream, Now What?

Make this the year that you revisit those dreams and make it happen in our Financial Visioning course.

This course is co-taught by Liz Kitchell is the owner and operator of Liz Kitchell Coaching and founder of Conscious Economics and Katherine Evans, a Career and Branding Coach.

During 5 weeks, you will figure how much money you need to complete or achieve your goals and uncover any obstacles to reaching that amount. You will learn how to share your dream with the important people in your life, gain their support as well as manage life events along the way. You will also reveal your unconscious strengths and creeds which drive your motivations.

SEE PAGE 32 FOR COURSE DATE / TIME

WHAT'S MY TYPE: THE ENNEAGRAM

The word Enneagram derives from two Greek words "ennea" (nine) and "gram" (drawing or figure) and refers to the nine points on the Enneagram diagram. The Enneagram symbol describes nine distinct but interrelated personality types. The Enneagram shows nine ways of seeing and experiencing the world as well as the relationships between personality and psychological development. It explains underlying motivations, as well as strengths and weaknesses in navigating life and relating to others. Understanding the Enneagram increases emotional and social intelligence, two of the most important predictors of success and happiness. It is a great aid in self-understanding and seeing our habits of thinking, feeling and behaving as well as the underlying motivation. As we become more aware through self-observation, we are better able to make empowering conscious choices.

Three-week session / \$129 **NEW!**

W, Jan. 22-Feb. 5 6:30-8:30pm Ron Esposito, M.A.

CREATE YOUR WINTER MAKE-UP LOOK WITH ERICA STRAYHORN

MAKE-UP FOR THAT SPECIAL OCCASION

Come join this special Holiday Glam make-up course and learn how to create a dazzling winter make-up look inspired by the holiday season. In this course you will learn how to add just the right amount of glamour to your everyday makeup routine by creating a smoky eye with a hint shimmer and sparkle, adding a glow to the cheeks and applying false lashes. You will also have the opportunity to watch a live demonstration of this look and then be able to practice a holiday look suited just for you so that you can recreate it for any upcoming holiday gatherings and parties. Bring your makeup, brushes, and a mirror.

Two-week session / \$49

Tu, Dec. 3-10 6:30-8:30pm Erica Strayhorn



ESSENTIAL MAKE-UP SKILLS: MASTERCLASS

In this class you will learn about different types of makeup products and their uses, how to choose the right products for your skin type and tone, the proper makeup brushes and tools to use, and learn how to confidently apply a basic daytime look and how to convert it to a glamorous evening look in just a few steps -- without the sales pitch and the very public department store environment. Find out what your make-up will do for you, what basics you really need, how to select and purchase makeup, and how to handle some of the tools. Explore daytime and evening looks, how to minimize flaws, and how to take care of your skin.

Three-week session / \$75

Tu, Mar. 3-17 6:30-8:30pm Erica Strayhorn

**IMPROVE YOUR PERSONAL PRESENCE
WITH NANCI GLENDENING**

ABOUT THE INSTRUCTOR

Nanci Glendening, of Glendening Image Research, is co-founder and past-president of the Association of Image Consultants International OH-PA Chapter. She also modeled in Miami, FL and was a former Miss Cincinnati USA.

WHAT TO WEAR & HOW TO WEAR IT

From wardrobe planning and accessories to discovering your best colors and most flattering styles, find out how you can achieve that put together look. Focus on personal appearance and polish, find out about image killers, and do's and don'ts.

Two-week session / \$59

W, Mar. 18-25 6:30-8:30pm Nanci Glendening

**CONTEMPORARY SOCIAL & BUSINESS
DINING ETIQUETTE**

Knowing how to conduct yourself over the table provides a tremendous advantage throughout life. Learn to be comfortable in any dining situation, whether formal, informal, business or social. Polish your table manners in an enjoyable, private setting. Topics include: navigating the table; the silent service code; forms of service; and the five most common dining mistakes.

One session / \$35

W, Feb. 26 6:30-8:30pm Nanci Glendening

VISUAL POISE

The secret to high caliber presence is comportment—the foundation on which all good looks depend. It broadcasts your background and self-esteem. How you carry yourself tells the world about you, the company you represent, and the product or service you are selling. When you stand, walk, and move smoothly, you look more attractive. Your body looks its best, clothes fit better, and you seem more intelligent and energetic. Good Posture makes you appear healthy and happy. In this 2 hour workshop, we will focus on the principles of superb comportment, body language, facial expressions, and mannerisms.

One session / \$35

W, Feb. 12 6:30-8:30pm Nanci Glendening

CIVILITY AND SOCIAL GRACE

Knowing how to conduct yourself contributes a tremendous advantage throughout life. It can make the difference between you and another who is equally accomplished. It helps build relationships. Today's life has many gray areas. Have you ever been unsure of 'the right thing to do or say' in an awkward or unfamiliar situation? Do you become anxious just thinking about meeting and making conversation with new acquaintances? This enjoyable class will help polish your manners and social skills to become more comfortable and confident in social and business situations. In this 2 hour workshop, we will focus on etiquette, communication, civility, and entertaining.

One session / \$35

W, Feb. 19 6:30-8:30pm Nanci Glendening

EVENT PLANNING 101

Are you starting out in the event planning business or do you have a work or personal event coming up? Well, you've come to the right place. In this 3-week class, you will learn how to plan, coordinate, and execute an event on various levels. You will discover the essentials to planning an event, such as location, timing, staffing, and budgeting. We'll review how to handle both small and large scale events. You should have a project in mind as you will create an event plan and consider the expectations of your audience. Lastly, you will learn the art of promoting your event and yourself!

Three-week session / \$89

M, Feb. 3-17 6:30-8:30pm Tyler Swanson



**HEALTHY EARLY CHILDHOOD APPROACHES: FOSTERING
RESILIENCE, CONFIDENCE AND SOCIAL-EMOTIONAL
HEALTH**

This course explores the core values and benefits of an early education focused on resilience and social-emotional health. Research indicates that a push for academics at an earlier and earlier age may be harmful to early childhood. Programs that allow for a natural developmental approach emphasizing social-emotional health and appropriate physical challenges may build a better foundation for early childhood. Exposure to nature and observing without judgement are key elements to this approach. Resilient, confident children perform better academically in classrooms. Come join this discussion about the core values and approaches parents and educators can use to support more resilient, confident children.

Two-week session / \$69

NEW!

M, Mar. 9-16 6:30-8:30pm Jason & Lee Hamzy

UNLOCKING THE POWER OF EMOTIONS

This half-day workshop will introduce the concept of Emotional Intelligence (EI) and relate it directly to your work and personal life. Before the workshop, you will take the Emotional Quotient Inventory (EQ-i 2.0) assessment. The results of the assessment will be shared with you in class, and you will be able to understand and validate their own results. You will learn how to leverage your EI strengths and identify and manage areas of opportunity, and will create your own personalized developmental action plans.

One session / \$189

NEW!

Sat, Feb. 1 9am-1pm Karen Weinberg
Includes EQ-1 2.0 Assessment

FITNESS & HEALTH

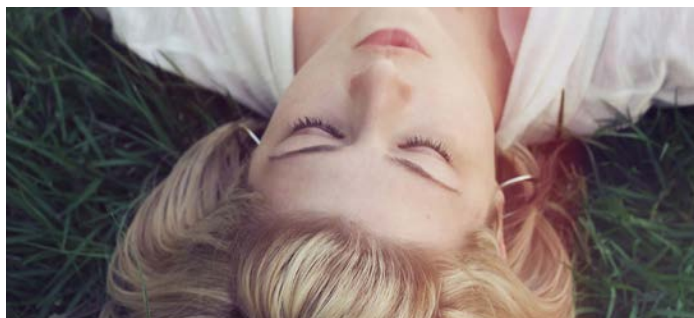
MARIJUANA AS MEDICINE: WHAT YOU NEED TO KNOW

In the course we'll discuss a brief history of marijuana as medicine, and how this plant – legally prescribed in the United States from 1854 to 1941 – disappeared from medical use; how the “endo-cannabinoid system” – discovered only in the 1990s – helps your body maintain itself, and how medical marijuana works with that system; evidence that cannabis is effective in relieving symptoms and possibly preserving health; potential risks of medical marijuana; what diseases or conditions qualify you in Ohio to receive a recommendation to use medical marijuana and how you can get a medical marijuana card

One session / \$25

NEW!

Tu, Jan. 21 6:30-8:30pm Dr. Robert Fried



SIMPLE TECHNIQUES TO MANAGE STRESS AND INCREASE WELL-BEING

This class will provide the overview, scientific rationale, and implementation instructions of specific mind-body techniques such as mindfulness and pranayama (breath practices), and positive psychology and cognitive practices that can be easily implemented throughout the day for increased wellbeing. The goal of this course is to equip participants with simple tools to care for their mental wellbeing every day in order to move beyond mismanaged stress and into a life of thriving. The fields of positive psychology and mind-body medicine have combined scientific evidence with ancient therapeutic techniques to not only help reduce the impact of stress but to also increase individuals' overall mental wellbeing and thus personal success.

Four-week session / \$189

NEW!

Tu, Jan. 14-Feb. 4 6:30-8:30pm Meriden Peters

SHAPE UP WITH BELLY DANCE

Dance your way into shape with this captivating combo of low impact exercise and natural dance that celebrates the personal beauty of all women - of all sizes, all ages. These stretching and swaying movements, electrifying shimmies, and flowing arms are rooted in thousands of years of feminine history. Belly dance promotes flexibility, strength and grace; it helps you unwind and inspires a positive attitude. Learn authentic steps, correct techniques and appealing dance routines. From your fingertips to your toes, and from your head to your heart, this dance will draw you in.

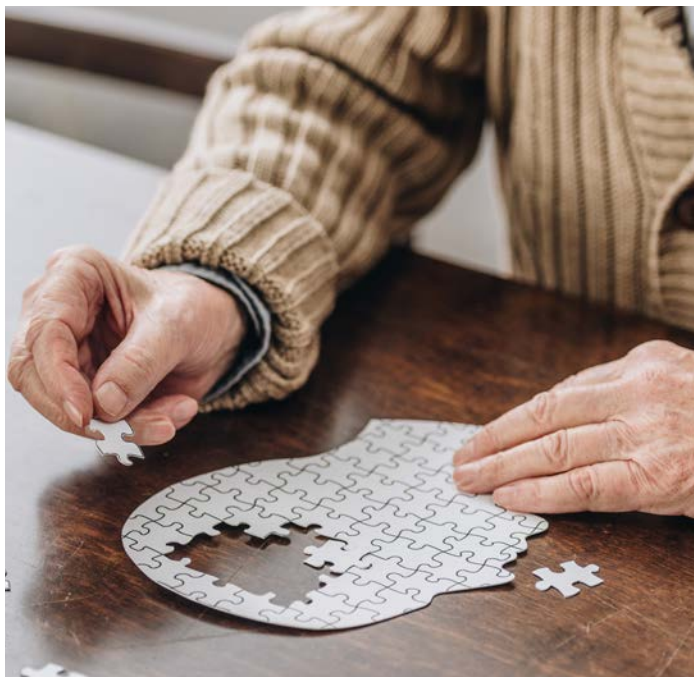
Six-week sessions (choose one) / \$79

M, Jan. 6-Feb. 17 6:45-7:45pm Nanci Glendening
M, Feb. 24-Mar.30 6:45-7:45pm Nanci Glendening
(No class Jan. 20)

SAVE! Register for both of Nanci's classes and save \$29!

2 NEW CLASSES! WITH HOLISTIC CLINICAL PHARMACIST CATHY ROSENBAUM

SAVE 20%! Register for both of Cathy's classes for only \$59.



ABOUT THE INSTRUCTOR

Dr. Cathy Rosenbaum, PharmD, MBA, RPh, CHC, is a Holistic Clinical Pharmacist and a Member of the Academy of Integrative Health and Medicine. She is Founder & CEO Rx Integrative Solutions.

MEMORY HEALTH: EVEN ELEPHANTS FORGET SOMETIMES!

In this course, you will define the continuum of memory loss from cognitive impairment to several types of dementia and understand irreversible & reversible causes for memory loss and how to manage them. You will review a list of medications that can contribute to memory loss and how to discuss possible adjustments with your doctor/CNP as well as the evidence behind medications, medical food, and dietary supplements used to treat memory loss.

One session / \$35

NEW!

Th, Feb. 27 6-7:30pm Cathy Rosenbaum

THE TRUTH ABOUT OTC DIAGNOSTIC LABORATORY

In this course, you will learn about physiologic basis & applied technique for non-traditional laboratory tests including: skin/ blood; hair analysis; electrodermal; saliva; DNA Buccal; and blood testing. You will review and discuss evidence either in support of, or refuting, the clinical validity of these tests and compare the pros/cons of preventive health, self-diagnosis, and diagnosis by a medical doctor/CNP. Plus, you review the gold standard Mediterranean Diet and ChooseMyPlate.gov portion control for general health.

One session / \$35

NEW!

W, Mar. 11 6-7:30pm Cathy Rosenbaum

UNDERSTANDING INTERMITTENT FASTING AND WHAT IT CAN DO FOR YOU

Intermittent fasting is currently one of the most popular health and fitness trends today. People are using it to lose weight, improve their health and simplify their lifestyles. This class will discuss in detail what is intermittent fasting and what it is not, common methods, strategies for success, potential health implications, and who should avoid or modify intermittent fasting based on health reasons. If you are looking to lose weight and improve your overall health, then this course is for you!

One session / \$35

Tu, Jan. 14 6:30-8pm Jennifer Belesi

CLASSICAL PILATES

Classical Pilates is the original method of Joseph Pilates. Our Certified Classical Pilates instructor will teach you fundamental Pilates, plus mat exercises. You will learn the skeletal/muscular systems necessary to work body alignment, basic diaphragmatic breath control and core development to fundamental Pilates exercises. In the first 6 weeks, you will work toward mastering beginning Pilates exercise and in the second session, you will move into the intermediate to advanced Pilates exercises.

Twelve-week session \$120

NEW!

Th, Jan. 9-Mar. 26 6:30-7:30pm Marilee VanArsdall

YOGA BASICS FOR STRESS RELIEF

Are you new to yoga? Are you interested in relieving stress and anxiety? Would you like to increase strength and flexibility? Then this class is for YOU! Learn foundational yoga postures that assist in enhancing body awareness while accessing the benefits of yoga in a relaxing atmosphere with soothing music. You will experience greater inner peace and improve your mental, physical, and emotional well-being. Everybody is welcome! No experience required.

Eight-week session / \$89

Tu or Th, Jan. 7-Feb. 27 5:15-6:15pm Anna Ferguson

Location: World Peace Yoga 268 Ludlow Ave, Cincinnati



Fitness Flex Pass with Pat Woellert



Purchase a pass to attend Zumba® Toning, Zumba® Fitness or Boot Camp Lite. All classes are held at UC's Victory Parkway Campus. If you use up all your sessions, simply buy another pass! Please note that passes may not be carried over into another term

ZUMBA & BOOT CAMP CHOOSE ONE OR BOTH AND SAVE!

ZUMBA® TONING

Zumba® Toning combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba® moves to create a calorie-torching, strength-training dance fitness-party. You will learn how to use light weights (1-2 pounds) to tone all your target zones, including arms, abs, glutes and thighs. Sculpt your body naturally while having a total blast. Bring 1-2 pound dumbbells, a mat for floor work, and wear supportive aerobic shoes.

Twelve-week session / \$79

Tu, Jan. 7-Mar. 24 5:35-6:35pm Pat Woellert

ZUMBA® FITNESS

This unique workout is a "feel-happy" approach to fitness. Its high energy, motivating music and rhythms are a fusion of Latin and International dance themes. Great for the body and great for the mind, this workout combines fast and slow rhythms designed to sculpt the body, burn calories and fat, and tone you up. Bring floor mat and wear supportive aerobic shoes.

Twelve-week session / \$79

W, Jan. 8-Mar 25 5:35-6:35pm Pat Woellert

BOOT CAMP LITE

No fear here - you can do it! This kinder, gentler boot camp is designed to improve your cardiovascular endurance, muscular strength, balance, and flexibility with fun, easy-to-follow drills. Bring a pair of hand held weights suitable to your fitness level, a mat for floor work, and supportive aerobic shoes.

Twelve-week session / \$79

Th, Jan. 9-Mar. 26 5:35-6:35pm Pat Woellert

LIQUID MOTION WITH GEORGINA

Liquid Motion teaches you how to achieve seamlessly, natural movement quality by applying basic dance theory, fitness, conditioning exercises, and sensual movement exploration. Through self-confidence, knowledge of techniques, and power of individuality, Liquid Motion provides the tools to further your education and exploration, on your own.

Four-week session (choose one) / \$79

NEW!

Tu, Jan. 14-Feb. 4 6:45-7:45pm Georgina Opoku
 Tu Feb. 18-Mar. 10 6:45-7:45pm Georgina Opoku



INTRODUCTION TO AYURVEDA: RESTORING YOUR BODY'S HEALTH AND WELLNESS

Ayurveda translates to the knowledge of life. It is a mechanism for identifying what may be out of balance within your body and provides options for treating this imbalance through modalities like diet, essential oils, and lifestyle choices. The seminar will also speak to Panchkarma, a process used to cleanse the body of toxic materials left by disease and poor nutrition. Panchkarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring wellbeing.

One session / FREE (Registration Required)

NEW!

Fri, Apr. 24 6-8pm Dr. P. Jayan



Dr. P. Jayan is the senior doctor at the Kalari Kovilakom, Palace for Ayurveda in Palakkad, Kerala, India

ABOUT YOUR INSTRUCTOR

Dr. P. Jayan is the senior doctor at the Kalari Kovilakom Ayurveda Hospital. He graduated with a bachelor of Ayurveda medicine and surgery in 2000 and has since worked as an Ayurveda physician. He has successfully treated patients with neurological, skin, and GI tract disorders. He has conducted several overseas workshops. His patients are from across the world.

ROOTS TO RADISHES: CREATING AN INTEGRATIVE BLUE-PRINT FOR OPTIMAL HEALTH

This course is an Integrative Nutrition & Health Course focusing on nutrition, recipes, disease prevention, optimal brain and gut health, better sleep, stress management, hormone health and movement/exercise. As a class, together we will navigate the world of contradictory nutrition and health advice and aim the focus of the lecture on bio-individuality. Participants will gain a better understanding of how their food choices, hormones and health habits have an impact on their health. You will walk away with a better understanding of how to work with their doctors to create a blueprint for optimal health.

Three-week session / \$129

NEW!

Tu, Feb. 25-Mar. 10 6:30-8:30pm Carol Stegman

2 NEW CLASSES! WITH NUTRITION CONSULTANT JEN BECK

ABOUT THE INSTRUCTOR

Jen Beck is a Registered Nutrition Consultant speaker, author, and founder of Complete Health Revolution. Trained at the School of Nutritional Science. Jen's practice is based upon the philosophy of Bio-Individuality: every person is unique with different dietary needs. Each person also has a unique relationship with food and drivers behind why we eat what we eat. There's no one plan that works for everyone.



SAVE! Register for both of Jen's classes for only \$59.

END EMOTIONAL EATING

In this workshop, Jen explains the top reasons why you eat other than being hungry. Jen will help you reveal your food story and what drives your emotional eating. You will begin to understand your subconscious mind and your hidden drivers and how to manage them. You will also learn the Craving-Caving-Guilt Cycle and how to choose what you eat instead of being a victim to food. Plus, you will leave with a plan to stop emotional eating for good. Millions of people every day struggle to lose weight. Billions of dollars are spent on programs, trainers, gyms, diets and supplements, yet we are the fattest nation, weighing in with 70% of our population being overweight. You deserve food freedom and effortless weight management!

One session / \$39

NEW!

Sat, Jan. 11 10-12pm Jen Beck

MANAGE STRESS WITH GRACE AND EASE

You will learn how to start your day with intention to shrink your to do list while maximizing your productivity. • Shrink your waistline without depriving yourself of your favorite foods. • Diffuse your stress in the moment so you can live with peace and joy. (Your family and co-workers will love you for it!) You will learn stress management techniques to maximize performance, weight management strategies to reduce health risks, and mindfulness practices to increase productivity. You deserve to live life feeling amazing! Here's your first step in doing so.

One session / \$39

NEW!

Sat, Feb. 8 10-12pm Jen Beck

EMPOWERING YOUR HEALTHIEST LIFE!

This course will cover how our foods have changed, how that affects our health, and how you can be empowered to make simple, healthy choices. We'll cover key nutrients and foods you need, look at ways to decrease inflammation, heal your gut system, build up your immune system, increase your energy, and learn some easy mindset techniques you can use to make your healthy lifestyle sustainable.

One session / \$39

NEW!

Th, Jan. 16 6:30-8:30pm Karen Aerts

**NEW CLASS! WITH CLAIRE RECHNITZER,
ALEXANDER TECHNIQUE**

ABOUT THE INSTRUCTOR

Claire Rechnitzer, certified Alexander Technique teacher, has been teaching individuals and group lessons for over a decade. Having been introduced to the Technique over 25 years ago, Claire has personally benefited from it by learning how to prevent persistent backache and overcome discomfort during pregnancy and parenting. She is a member of the American Society for the Alexander Technique and an award-winning writer about the technique. Seeing the technique help people from all walks of life fuels her passion to promote Alexander Technique awareness.



ACTIVE RELAXATION: A CORE ALEXANDER TECHNIQUE PRACTICE

If you're thinking that seems like a contradiction in terms, it may be that you are confusing relaxing with collapsing (as in after a hard day with a nice chardonnay...) but, the secret to garnering the true benefits of relaxation lies in resting with true postural support. Alexander Technique based Constructive Rest is an active relaxation practice that helps to let go of tension and feel newly energized. When practiced daily for about 10-15 minutes, the body learns to appreciate this condition of fully-supported optimal-length and to extend its benefits to support all types of common or specialty activities.

One session / \$35

Sat, Jan. 25 10:30am-12pm Claire Rechnitzer

IMPROVE ERGONOMICS FOR THE WORKPLACE

Ergonomic aids designed for the workplace are only as smart as our bodies are. This workshop will show you how to choose and make the most of available ergonomic tools, how to improvise your own, and easy ways to engage your own postural support. A smart body can minimize risk, eliminate the pain, discomfort and fatigue associated with prolonged sitting or standing, and increase productivity and satisfaction. Based on the insights of the Alexander Technique, this workshop is suitable for people of all fitness levels.

One session / \$35

NEW!

Sat, Feb.15 10:30am-12pm Claire Rechnitzer

ESSENTIAL OILS AND HERBS WORKSHOP

Have fun exploring some of the types, properties and uses of essential oils and natural herbs. You will learn how to use essential oils and natural herbs for personal/body care, around the house and for many home remedies. You will see demonstrations of their many uses and get some hands-on experience creating hand-crafted products, such as herbal teas, potpourri, room diffuser sprays and soaps for laundry and your body. You will, also, learn important precautions when using essential oils and natural herbs.

One session / \$35

NEW!

Sat, Mar. 7 11am-2pm Kristy Brandabur

CERTIFICATE IN MINDFULNESS

Mindfulness is a state of active, open attention on the present moment. When you are mindful, you observe your thoughts and feelings without judging them. Today, more and more healthcare practitioners are seeing the benefits of incorporating mindfulness into their treatments and teaching others in all backgrounds about this valuable practice. In this certificate program, you'll examine the many benefits of mindfulness for both your personal and professional life. You'll also lay the foundation for a career in health and wellness coaching. Harnessing the power of mindfulness, business leaders have found that, in the long run, these practices offer long-term health changes that result in fewer chronic illnesses, which reduces demand on the health care system and results in fewer health-related costs in a business.

Six-week online course / \$99

Sessions start monthly

Cyndie Koopsen and
Caroline Young, M.P.H.

HEART OF MEDITATION: THE EIGHTFOLD PATH

2500 years ago, the Buddha set forth a path of great simplicity and directness by which the whole of life can be transformed. The Eightfold Path requires no exotic practices - only a willingness to let life's confusion and conflict settle down in the clear space of meditation, contemplation, and ethical behavior. The awareness developed in meditation can begin to pervade all aspects of our lives, bringing wisdom to our actions.

Four-week session / \$75

NEW!

Th, Feb. 6-27 7-8:30pm Susanne Noble

Location: Dharma Center of Cincinnati
4122 Hamilton Ave, Cincinnati, OH 45223



NEW! CHEESEMAKING CLASS WITH EDUARDO RODRIGUEZ



ABOUT THE INSTRUCTOR

Eduardo Rodriguez is an Agricultural Engineer, and a Master Artisan Cheese maker with the University of Vermont in Burlington VT. with passion for natural healthy food, which comes from his family traditions and interest to learn and experience the food and culture everywhere he travels. His broad and past experience in sustainable farming, natural food production and corporate, led him to start My Artisano Foods.

LEARN TO MAKE MOZZARELLA CLASS

This class will teach participants the basics of mozzarella cheese making, experience the actual making of mozzarella cheese (from curds), and enjoy making some classic recipes with the mozzarella cheese made (caprese salad, panini, or pizza).

One session / \$55 **NEW!**

Th, Jan. 23 6:30-8:30pm Eduardo Rodriguez

LEARN TO MAKE RICOTTA CLASS

This class will teach participants the basics of Ricotta cheese making (natural way), experience the actual making of ricotta cheese (the natural way), and enjoy making some classic recipes with the ricotta cheese made (herbed spreads, stuffed pasta or pastries).

One session / \$55 **NEW!**

Th, Jan. 30 6:30-8:30pm Eduardo Rodriguez

CHEESE BASICS AND CULTURE CLASS

This class will teach participants the basics of cheese making, the origins of cheese over 6,000 years ago and the culture of diverse families of cheese with some pairings tips. Participants will enjoy diverse cheese and pairings.

One session / \$55 **NEW!**

Th, Feb. 6 6:30-8:30pm Eduardo Rodriguez

PALEO MADE EASY AND DELICIOUS

Have you made a conscious decision to eat better, but find that Paleo is too overwhelming, time consuming and expensive. This class will prove that eating Paleo is easy and works on any budget. You will begin with the basics of the Paleo diet – plants and animals. You will learn what is and what is not considered Paleo, and what to avoid. You'll start reading food labels and analyzing all the ingredients, then determining your best choice. You'll also receive Paleo recipes that are easy to make and inexpensive! Plus, you will build a meal and your 30-day Paleo-friendly shopping list.

One session / \$35 **NEW!**

Th, Jan. 16 6:30-8:30pm Rebecca Denney

SOUL-FOOD COOKING WITH CHEF MONA BRONSON-FUQUA

HOW AFRICAN FOOD INFLUENCED MODERN AMERICAN CUISINE

The “middle passage” or journey of slaves from the African coast to Europe is important because it helped transform the culinary landscape of the Americas. It's a part of history that is not talked about often. In this class, you will learn how the eating habits of African slaves influenced the food culture in the US. You'll receive hands-on instruction of the ins and outs of this unique style of satisfying soul food prepare a menu of traditional favorites designed to impress even the most experienced soul food lover. Join Chef Fuqua of Je Ne Sais Fuqua LLC to master greens, candied yams that will leave your soul satisfied.

One session / \$55

Th, Feb. 6 6-8pm Mona Bronson-Fuqua



LET THE GOOD TIMES ROLL: MARDIS GRAS COOKING CLASS

Learn the best-kept secrets for authentic New Orleans cooking. In this class, you will discover the importance of the Cajun Holy Trinity and cut and prep to make authentic New Orleans cuisine, like shrimp étouffée, jambalaya, gumbo or red beans and rice. If you've taken Mona's Roux class, then this will surely kick it up a notch!

One session / \$55

Th, Feb. 20 6-8pm Mona Bronson-Fuqua

3 NEW CLASSES! WITH CHEF LINDSEY COOK AND THE JADED FORK

ABOUT THE INSTRUCTOR:

Chef and owner of The Jaded Fork, Lindsey Cook holds an Associates degree in Culinary Arts, a Bachelors in Food and Beverage management, and Masters in Business Management. She started as a consultant for restauranteurs, as well as several small bars and cafes. She also worked as a private chef, catering weekly wine tastings and dinners for visiting vineyard owners and wine makers.

COOKING WITH COFFEE

Join the chefs of the Jaded Fork and coffee shop owner Alejandra Flores of Unataza for an afternoon of coffee and food pairings! In this class, Chef Lindsey and Chef Debi will guide you through a menu that infuses coffee into each dish. An appetizer, main dish, and dessert will be crafted through this hands-on cooking and coffee experience. Alejandra will be pairing each dish with the perfect taste of coffee including a unique espresso infused cocktail. You will also get to take home an authentic coffee rub/blend that you will create during the class time.

One session / \$79 **NEW!**

Sat, Jan. 11 4-6pm The Jaded Fork with Alejandra Flores
Location: Unataza, 620 6th Ave. Dayton, KY

SAVE! Two guests may register for \$139

Please call 513-556-6932 to make arrangements for the discount.



VALENTINE'S CHEESE AND WINE PAIRING DINNER

Join the Jaded Fork for Valentine's evening filled with cheese and wine! Your menu will feature an assortment of cheeses, accented perfectly throughout a 4-course meal. Guests will be greeted with a cheese and charcuterie board representing seasonal and locals treats, along with a glass of prosecco. You will then work their way through hands-on cooking stations to customize their own salad, dressing and entrée dish. Wine pairings will be offered with each course. Finally, you will get to enjoy your final custom made dishes and will be served a plated dessert as well to end their romantic cheese and wine-filled evening.

One session / \$85 **NEW!**

F, Feb. 14 6-8:30pm The Jaded Fork

SAVE! Two guests may register for \$149

Please call 513-556-6932 to make arrangements for the discount.



FOOD & WINE PAIRING 101: FROM APPETIZERS TO DESSERTS

Ever wonder what wine you should order with dinner, or from course to course? Whether you are a seasoned sipper or a beginner, it can be overwhelming to decide what to serve with each course. Join the chefs of The Jaded Fork, as they prepare a fresh, multi-course meal that will be paired perfectly with wines. You will learn how to choose wines that complement each food type. The chefs of the Jaded Fork will explain how your wine choices can elevate different sauces, spices, and cooking techniques. Enjoy a tasting menu composed of small bites of appetizers, a soup, a salad, entrees, and desserts. This class is appropriate for both consumers and professionals in all bar, hospitality and service industries.

One session / \$85 **NEW!**

Sat, Mar. 28 5-7:30pm The Jaded Fork

SAVE! Two guests may register for \$149

Please call 513-556-6932 to make arrangements for the discount.

ONLINE LEARNING
the solution for today's busy adult

Learn the business of grant writing

In this bundled series, learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Advanced Grant Proposal Writing

Gain a full understanding of the criteria funders use to determine whether your grant proposal gets funded or rejected.

Becoming a Grant Writing Consultant

Increase your income while working from home by starting a grant writing consulting business.



For online class dates go to:
communiversity.uc.edu

**3 NEW CLASSES! AT
CHURCHILL'S FINE TEAS**



ABOUT THE INSTRUCTOR:
Lead by Kathleen Kern, a native of London, from Churchill's Fine Teas, an award-winning local tea company specializing in over 265 teas from around the world.

LOUISE MAY ALCOTT'S LITTLE WOMEN CHRISTMAS AFTERNOON TEA - CELEBRATING THE CHRISTMAS DAY 2019 MOVIE RELEASE

Join us to learn and experience the foods and teas popular during the 1860's. The beloved story begins during the festive season and is being brought to life again starring Meryl Streep, Emma Watson, Saoirse Ronan, Timothée Chalamet and Florence Pugh. Period dress welcome and movie surprises too.

One session / \$49 **NEW!**

M, Dec. 16 5:30-7:30pm Kathleen Kern



TEA AND CHOCOLATE TASTING

You'll discover new flavor combinations as we pair this match made in heaven. Learn what makes chocolate so delicious and the many styles of tea. Experience choosing similar or opposite flavors when pairing and how to enhance the tasting experience. This special tasting will feature Churchill's teas and Latour chocolates

One session / \$49 **NEW!**

M, Feb. 3 5:30-7:30pm Kathleen Kern

AN IRISH TEA & FOOD TASTING

Everyone is Irish on St. Patrick's Day. Celebrate early with us and enjoy as we celebrate and experience an Irish tea and food tasting. Learn about the history of tea and foods in Ireland, and the history of St. Patrick. We will even sneak some Guinness in to some thing tasty.

One session / \$49 **NEW!**

M, Mar. 9 5:30-7:30pm Kathleen Kern



MEAL PREP BASICS

Learn the basics of meal prepping for a healthier lifestyle. Whether you're on a weight loss journey, or would just like to incorporate more healthy options into your daily routine, preparing your meals will help you reach your goals. This course will teach you a simple breakfast, lunch, dinner and snack that can be used throughout the week. Amanda Valentine is on a mission to inspire a healthier lifestyle through wellness and fitness. She uses her own dramatic 100 plus pound weight loss journey as a guide to offer helpful, real-life tips and tricks with the intention of helping others find a new path toward a healthier happier life. Using meal prepping as a major tool for success over the past 6 plus years, she's excited to teach this process to help others reach their goals.

One session / \$39 **NEW!**

M, Jan. 13 6:30-8:30 Amanda Valentine

NEED A JOB OR A PAY RAISE?

Knowing strategies to clarify what you want and how to prioritize needs will ensure you get more of what's essential. Learn more in Negotiation: Get What You Want.



SEE PAGE 33 FOR COURSE DATE / TIME

DISCOVER PLANTS OF OHIO

For those interested in plants and hiking outdoors, we have a great new class for you! In this 4-week workshop, you will learn how to identify wild herbaceous and woody plants and determine which are native to the Cincinnati area and which plants are invasive species. You will observe and draw leaves, flowers, fruits, and other plant parts. You will also understand the terminology involved and how to use botanical keys and other resources to identify plants.

Four-week session / \$159

Sat, Apr. 4-25 10am-1pm Denis Conover
 Locations: UC's Center for Field Studies, Spring Grove Cemetery, Avon Woods, Bender Mountain Preserve, and the Oxbow Area

**SPRING FIELD ORNITHOLOGY**

Have you always wanted to study birds? The course will involve an overview of the biology of birds and local bird identification. Our professional ornithologist has over 32 years of research in avian migration, and he will cover topics such as bird anatomy & physiology, evolution, relationships with other birds, ecology and conservation. You will explore bird biology predominately through interactive field labs to prepare you for new bird watching experiences.

Four-week session / \$199

NEW!

Sat, June. 6-27 8am-2pm Ronald Canterbury
 Locations: UC Center for Field Studies, Miami Whitewater Forest. Students must bring their own binoculars and a notepad.

THE BUZZ ABOUT BEEKEEPING

This course is an introduction to beekeeping. It is intended for beginners and will cover the basics from purchasing and starting a hive, all the way through to your first winter. Topics will include: basic biology of honey bees and why they are important; different types of bees, including where and when to buy them; tools of a beekeeper, installation of a hive, and how to acclimate a queen bee; when to feed or treat your bees; plus, we will review the common problems or issues that may arise. Plus, an empty hive box and the components of the hive will be displayed during class. Instructor is a member of the Southern Ohio Beekeepers Association.

Two-week session / \$59

Th, Jan 23-30 6:30-8:30pm Luke Jett

INTRO TO URBAN FARMING: CONTAINER GARDENING

Grow Your Own! Are you concerned about the quality of your store-bought produce? Have you dreamed of having your own vegetable garden but you don't have a yard? Local urban gardener, Camielle Howard, will take the mystery out of growing your own food in containers. In this class, you will create your own organic gardening soil, start plants from seed, and transplant store or nursery seedlings to get an easy head start on your garden. Plus, you will learn where you're planting will determine what you can plant.

One session / \$49

NEW!

Sat, Apr. 25 10am-1pm Camielle Howard
 All supplies are included.

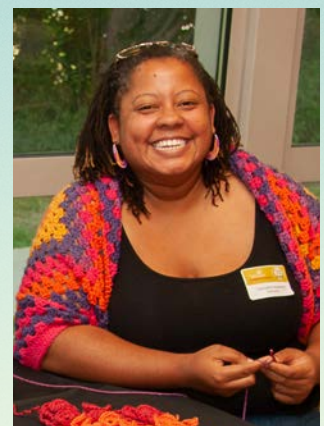


Spotlight Class

GROW YOUR OWN!

Do you have desire for fresh vegetables and a hunger to grow their own food, but do not have a yard? New this Spring, Communitiversity will teach you how to grow your own Urban Garden.

As a long-time Madisonville resident, Camielle Howard was first introduced to container gardening in 2014 when she volunteered for the 500 Gardens initiative. In this class, Camielle will supply all the materials you need to to creating your own organic garden soil, start plants from seeds, and demonstrate how to properly transplant store or nursery seedlings at home. Plus, you'll leave the class with a vegetable and herb pots.



HOME & GARDEN

INTRODUCTION TO INTERIOR DESIGN

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms. Interior design takes training as well as talent, and these lessons will give you the know-how you need to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field. As you master design skills step-by-step, you'll complete your first project: a fully developed room design complete with spatial layout, lighting, and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others.

Six-week online course / \$135

Sessions start monthly

Sarah Smallwood

INTRODUCTION TO FENG SHUI

The practice of Feng Shui is the art of placement and is used to draw positive energy into a building, room or area. In English, "Feng" and Shui" translates into "wind" and "water" which are associated with good health and good fortune. Traditional Feng Shi is believed to date back over 6000 years to the ancient Chinese Dynasties. In this four-week class, you will discover its origin and learn how the placement of objects in space can affect your life, relationships, business, and prosperity. You will learn how to sustain positive energy with flow and color, and how furniture, art, and music can create negative energy when incorrectly placed.

Four-week session / \$149

NEW!

W, Jan. 8-29

6:30-8:30pm

Cyd Alper-Sedgwick



I WAS LOOKING FOR THAT! HOW TO DECLUTTER, ORGANIZE AND EASILY STAY THAT WAY

Are you having problems with clutter and disorganization? Do you dread the thought of someone coming into your home? Do you have multiples of items because you can't find what you're looking for? Throughout this 6-week class, you will learn time-tested methods to move from a clutter afflicted life towards one that feels, looks and works better. Based on general and individualized information, each student will be empowered to conquer their messes and move forward in life. From crammed disorganized closets to entire homes filled with clutter, you will tackle each area in a positive, satisfying way. Simple step-by-step guidance, along with individualized plans, will help you achieve your goal of a welcoming, comfortable space where everyone knows where the scissors are.

Six-week session / \$179

NEW!

Th, Apr. 2-May 7

6:30-8:30pm

Janice Ash



TINY HOMES AND OFF THE GRID LIVING

The phenomena of tiny homes and off-grid living are taking the nation by storm - come learn more! In this class we'll talk about tiny homes from DIY to custom built. We'll also discuss the mechanics and functionality of being off-grid. Where do you get power? What do you do with waste? From photovoltaics to composting toilets, we'll cover it all!

One session / \$39

NEW!

Tu, Feb. 25

6:30-8:30pm

Simone Kuzma

BUYING AND SELLING YOUR HOME WITH GARY ROSSIGNOL

ABOUT THE INSTRUCTOR

Gary Rossignol has been a practitioner in real estate since 1986 and is a certified instructor in Ohio and Kentucky for realtor continuing education courses. Course is strictly educational in nature

THE KEYS TO HOME OWNERSHIP: FROM START TO FINISH

Join three local experts as they walk you through the steps of purchasing a home and how to avoid costly mistakes. During this 2-night fact-filled workshop, you will explore essential topics, like how to find the right home and for a price that you can afford, how to navigate financing, "ins" and "outs" of contracts, loan closing procedures, and the fundamentals of the whole house inspection. This class is strictly educational. Products and services will not be sold to you.

Two-week session / \$49

Tu, Jan. 7-14

6:30-8:30pm

Guests: Kat Miller and John Cordell

SELLING YOUR HOME FAST & FOR TOP DOLLAR

Invest over 2 hours in learning the ins and outs of how to sell your home and the returns could be enormous. Find out the key points of pricing, marketing, and showing your home to maximum advantage. Learn critical information about state requirements, inspections, documentation and financing. If you do consider listing with an agent, how do you interview and select one? And what's the #1 most common mistake in selling a house? Come and find out!

One session / \$35

Tu, Feb. 11

6:30-8:30pm

Gary Rossignol

**ASTRONOMY FROM BEHINDS THE SCENE TO UP ABOVE
AT THE CINCINNATI OBSERVATORY**



TOUR OF THE UNIVERSE

Explore space from the Earth and beyond! Fly past the moon, the planets, the stars, and galaxies to the edge of what is known. Bring your questions about the Cosmos, and our Observatory Scientist will answer as many as he can. View through the oldest operational telescope in the country, weather permitting. Ad Astra!

One session / \$39

W, Mar. 11

7-9pm

Aaron Eiben



BINOCULAR ASTRONOMY

Sure, binoculars aren't exactly the Hubble Space Telescope, but they are actually quite capable astronomical instruments that provide a unique and refreshing view of the Celestial Heavens. When both of your eyes get involved with seeing, a synergy takes place in your brain that enhances the image beyond what a single retina can deliver. They are easy to use, highly portable, require little maintenance and come in a great variety of designs and price ranges. Large or small, name brand or not, bring along your binoculars; we might actually be able to do some viewing if the weather permits. If you are in the market for binoculars and would like to find out what kind would be most practical for you, come join the party.

1 session / \$39

M, Nov. 18

7-9pm

Dave Bosse

BEHIND THE SCENES AT THE OBSERVATORY

Look to the heavens through the oldest continuously used telescope in the world; explore the depths of the 1873 observatory including its attic and basement; and learn why President Adams laid the observatory's original cornerstone in 1843. Hear the fascinating history of the founding of the observatory; investigate how the 19th century astronomers determined time for the city of Cincinnati; discover why the observatory was designated a National Historic Landmark; and find out what is in store for the future. The Moon will be viewed through the telescope following the program, weather permitting.

1 session / \$39

Tu, Feb. 4

7-9pm

John Ventre

The Cincinnati Observatory strives to share the universe and our historic site with all our visitors, and to comply with ADA guidelines, will make all reasonable accommodations to ensure a positive experience when visiting the Observatory. However please note that there are limitations imposed by our architecture, being a National Historic Landmark, and our being a functioning astronomical observatory. The physical act of getting to the telescope's eyepiece for viewing can also be an issue. The eyepieces on our two main telescopes can be anywhere from 4 feet to over 14 feet above the floor, which typically requires climbing a stepped platform to reach.

Teach a Class!

SHARE YOUR HOBBIES, TALENTS AND SKILLS WITH OUR ADULT LEARNERS

We welcome the exploration of new ideas, the development of timely topics, and the creation of innovative classes that appeal to our audience and that enhance our program.

COMMUNIVERSITY

uc.edu/ce/commu/apply_to_teach

SPORTS & ADVENTURE

SPRING GOLF LESSONS



All classes are held at Sharon Woods Golf Course and taught by PGA professional instructors.

Fees include all range balls. Bring your own clubs if you can; if not, equipment will be provided.

Location: 11355 Swing Rd, Cincinnati



BEGINNERS GOLF

This class is designed to prepare new or beginner golfers to feel comfortable with the fundamentals of the game. Topics will include putting, chipping, pitching, and the full swing with irons and woods. We will also cover basic rules and etiquette with one on-course playing class to make you more confident in taking your game to the golf course.

Five-week session / \$110 (plus \$10 one time range fee)

Check our our website for class dates.

INTERMEDIATE GOLF

Instruction will focus on refinement of strokes and strategy in the areas of driving, long and short iron play, and putting. It is designed for golfers beyond the beginner level who want to improve their game.

Five-week session / \$110 (plus \$10 one time range fee)

Check our our website for class dates.

NASM CERTIFIED PERSONAL TRAINER & EXAM PREP

If you want an exciting career helping others achieve their fitness goals, start with our NASM Certified Personal Trainer and Exam Preparation course. It's a unique online training course that prepares you for the National Academy of Sports Medicine (NASM) exam. The NCCA-accredited NASM personal trainer certification is one of the most respected in the health and fitness industry. It includes exam preparation and all study materials, as well as the certification exam fee, and you will gain the knowledge, skills, and abilities you need to become a successful NASM personal trainer. Includes textbook and voucher for exam.

Six-month online session / \$1,295

Sessions start monthly

MAKE INDOOR TENNIS YOUR SPRING SPORT!



This is an enjoyable way to get in shape and stay in shape! You are ready for this experience if you have had some previous instruction or if you can hit ground strokes and serves in play from the baseline with reasonable success.

You'll have the chance to work on strokes with movement, rally skills, overhands, and volleys. And for those who are ready, you may practice getting that first serve in, adding spin, net play, strategy, and control.

Location: Eastern Hills Indoor Tennis, 669 Wilmer Ave, Register early! These classes sell out fast!

TENNIS FOR BEGINNERS & ADVANCED BEGINNERS

Six-week session / \$129

Check our our website for class dates.

TENNIS FOR INTERMEDIATES

Six-week session / \$129

Check our our website for class dates.



ORIENTEERING WITH MAP AND COMPASS

Orienteering, often described as physical chess and "cunning running", is an activity that can be a race or an easy trail walk in the woods. It can be done competitively or for recreation. Orienteering is using a map and a compass to find hidden markers in a wooded area. One can walk casually using the map to follow trails that lead to the markers that are designated on the map or you can run through brush and up steep hillsides where there are no well-defined trails. It also offers many variations, including traveling on a bike or finding the markers in the dark. All that is required is an inexpensive compass and a map that is purchased from the organization that is setting up the event. There are many clubs, including ones in Cincinnati and Dayton, which organize orienteering events. It is an activity that all ages can enjoy. In competitive orienteering, competitors are separated into groups by age, such as 35+ for competitors age 35 and over. This class is aimed at all ages.

One session / \$35

NEW!

Th, Feb. 20

6:30-8pm

Gary Crouch

**J.T. TOWNSEND IS BACK WITH
4 NEW CINCINNATI MURDER CASES!**



**CINCINNATI TRUE CRIME DETECTIVE: QUEEN CITY
GOTHIC CLASSIC CASES!**

J.T. Townsend returns with new Cincinnati murder mysteries in 4 fascinating and riveting weeks. In the first week, you will relive the 1965 murder of Audrey Pugh and the trial of Robert Lyons. Lyons had confessed to homicide and even reenacted the crime in front of the police. But when he recanted his confession and hired a prominent Cincinnati lawyer to defend him, the stage was set for the Queen City's murder trial of the century. In week two, you will review the bludgeoning of cheerleader, Patty Rebholz. This murder stunned the serene Village of Greenhills and seized front page headlines throughout the summer and fall of 1963. Week three brings a murder mystery that's endured the Cincinnati whodunit for over 55 years, the 1964 shooting of Dennis and Evelyn Coby. Today the Coby murders remain the most unsolvable case from Queen City Gothic. You will end in week four with the 1969 Dumler triple murder in Mt. Lookout. Detectives will insist that every homicide is aggressively investigated, yet if the victims have a social position it becomes a top priority for a long time. Like the Bricca family slaughter three years earlier, this triple murder was rife with rumor and innuendo.

If you've ever taken one of JT Townsend's classes before, you know you will be astonished and amazed.

Four-week session / \$89

NEW!

Th, Apr. 2-23

6:30-8:30pm

JT Townsend



**TOUR THE PINECROFT MANSION AT THE CROSLY
ESTATE**

Spend an afternoon in what many consider Cincinnati's most renowned mansion. Pinecroft was the estate of inventor and industrialist Powel Crosley, Jr, builder of the Crosley car and owner of the Cincinnati Reds. The Pinecroft was built in 1928 and in its heyday, the estate comprised 113 acres with a short golf course, polo field, stable, barn, and vineyard. Crosley lived in this Tudor Revival Style home until his death in 1961. In 2008, Pinecroft was listed in the National Register of Historic Places, and the Cincinnati Preservation Society is the proud steward of the home. The mansion sits on 17 acres and is an events center whose proceeds support preservation work.

Join Frank Farmer Loomis for this unique opportunity to tour the mansion to learn more about the Tudor Revival architecture which has bedecked many Cincinnati landmarks from the Rookwood Pottery Building in Mount Adams to Mariemont. The Pinecroft is majestic and romantic and retains many original features inside and out.

One session / \$59

NEW!

Sun, Mar. 29

1-5pm

Frank Farmer Loomis

This class will sell out! Register early!

Spotlight Class



UNDERSTANDING THE ENNEAGRAM

Communiversy is excited to welcome Ron Esposito, M.A. as a new instructor. Ron is Certified Life Coach and Accredited Teacher by the International Enneagram Association. Ron's new class, What's My Type? will provide you with a basic understanding of the Enneagram and its 9 distinct but interrelated personality types.

Understanding the Enneagram increases emotional and social intelligence, two of the most important predictors of success and happiness. It explains underlying motivations, as well as strengths and weaknesses in navigating life and relating to others. It is a great aid in self-understanding and seeing our habits of thinking, feeling and behaving.

SEE PAGE 16 FOR COURSE DATE / TIME





GET OUT YOUR OWN WAY AND CREATE THAT BUSINESS

Learn from Cincinnati's "momprenuer," Chanel Scales, who has made it her crusade to encourage single moms to become entrepreneurs. "I want women to know that you can still execute and live your dreams." This 3-week course includes the basics of stepping into your entrepreneurial journey and launching a fashion business. We will focus on the tools needed to be successful along with hard work and dedication. What makes this class different than your other business classes is we will highlight merchandising and demonstrate how that ultimately drives consumers through your front door.

Three-week session / \$159

NEW!

Tu, Feb. 11-25 6:30-8:30pm

Chanel Scales

INTRO TO PODCASTING

Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. Learn how to take your business or hobby and turn it into a podcast. This step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

One-month online session / \$245

Feb. 3-28

Travis Allison

FOUNDATIONS IN SUPPLY CHAIN MANAGEMENT

Supply Chain Management is on the radar for C-Level executives as both a competitive threat and opportunity. Do you have a strategy for your supply chain? Is it aligned? Do you know and understand the decisions and tradeoffs you have to make? If you answered no to any of these questions, you need to attend this program. Upon completion of this course, you will not only understand the above, but you will also have a completed plan created for your own supply chain.

One-month online certificate / \$245

Check our website for dates:

Chuck Nemer

ENTREPRENEURSHIP CERTIFICATE

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Then take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand.

Three-month online certificate / \$495

Feb. 3-May 1

Conrad Brian Law, Kathy Nadlman
and Mary Beth Izard

CERTIFICATE IN DATA ANALYSIS

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio and make a big difference in the success of your organization by acquiring data analysis skills.

Three-month online certificate / \$495

Check our website for dates

Jeff Kritzer, John Rutledge
and Mary Dereshiwsky, Ph.D.



GETTING STARTED IN VOICE ACTING

This fun and empowering two-hour Introductory Class covers the different types of voiceovers and what tools are needed in order to find success in the industry. You'll be coached as you perform a real voiceover script and be recorded so that you can receive a professional voiceover evaluation later. For ages 18 and over. Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

Fun, one-on-one, video chat class to get started in Professional Voice Acting, covering some of the many details of the industry. Receive professional voice evaluation. For ages 18 and over. The online format may be through Chat, Skype or by phone (your choice). Check out the video at voicesforall.com get a better sense of how the class works.

One session / \$49

Schedule with instructor

Leah Frederick

We're expanding continuing education at UC!

Introducing next steps in the lifelong connection of college, career, and community

- *Offering flexible pathways with individual courses, workshops and short-term certificate programs*
- *Supporting skills training that meets today's industry needs*
- *Expanding access to continuous learning for adult learners*
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- *Providing centralized operations to manage students, facilitators, logistics, course materials and resources*



New programs coming in 2020!

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ITIL® | Security+ | Network+ | CompTIA+ | and many more...

For more information, email janet.staderman@uc.edu



ESTATE PLANNING WITH A HEART

This practical, sensitive workshop helps you face the difficult process of centralizing financial, legal and personal information so family and friends can take care of you and know how you would like end-of-life issues handled. During this workshop, we will cover estate planning documents, review the importance of Powers of Attorney, and you will receive the Family Love Letter guidebook, which will organize the details of your will, social security benefits, passwords to your computer/online accounts, and many other practical details.

1 session / \$35

W, Jan. 15 6:30-8:30pm Glynnis Reinhart, RICP

REAL ESTATE INVESTING

Have you ever heard the old saying, "Buy low, sell high?" News stories about the softening real estate market might scare away some novice investors. Experienced investors, however, recognize weak markets as opportunities to pick up bargains. Our Real Estate Investing course includes specially designed worksheets and hands-on activities to take the guesswork out of your investing efforts. By emphasizing systems and service, this course will help you do more with less effort while serving the needs of your buyers and sellers. This course provides straight talk about real estate that will help you profit from the tremendous opportunities available to investors right now.

Six-week online course / \$129

Sessions start monthly Josh Fuhrer



Become a
Chartered Tax
Professional
or a Certified
Bookkeeper

Online courses at communiversity.uc.edu

FINANCIAL VISIONING

You have dreams and may have given up on them. You have stuff, experiences and aspirations that you want in life, are you still aspired to make it happen? It is time to revisit those dreams and hold a magic wand to bring them alive. Come play with us to discover how to get the money and people you need to make it happen. In this series, you will dust off your dreams, get clear about how much money it takes, how to make it happen and influence important people along the way (family included). You will discover if your current life may be able to get you there or not. You will calculate the number needed, then ponder next steps and support needed. Get curious why you don't have it yet and be armed with tools that open the door to your vision. You will become your own hero creating your new story by shining light on the obstacles blocking you and releasing their power.

Five-week session / \$199 **NEW!**

W, Jan. 8-Feb.5 6:30-8:30pm Liz Kitchell, Dawn Parks and Katherine Evans

INVESTING CLASSES WITH MATT CRABTREE, CPF®

ABOUT THE INSTRUCTOR

Matt Crabtree is a Certified Financial Planner™. His natural aptitude for explaining his material in an easy-to-understand and enjoyable manner allows each student to gain insights into areas that are often considered challenging.

STOCKS, BONDS AND INVESTING, OH MY!

Looking for a good solid class in the basics of stocks, bonds, finance, and investing? This enjoyable class walks you through the fundamentals of investing. The course will not only teach you about the stock markets, 401k plans, and retirement, but it will also address personal financial issues that are often ignored, but absolutely essential, to your success as an investor. Each lesson explains these concepts in detail, so you understand how and why things work in the investment world. Provide yourself with the independence and confidence you will need to make your own investment decisions.

Six-week online course / \$129

Sessions start monthly Matt Crabtree, CFP®

INTRODUCTION TO STOCK OPTIONS

You'll learn how to evaluate, buy, sell, and profit from stocks, this course is for you. You will begin by examining the origin of stock options and learn the real risks involved. Then, you will identify the jargon, symbols, and other peculiarities of options in a way that's easy to understand. You will explore exchange-traded funds (ETFs), which offer exciting option investments you may eventually consider. This course will give you a look under the hood of option pricing so you understand what contributes to option value. You will understand why some options are overpriced and some are underpriced. Above all, you will learn how to protect your portfolio and profit in a down market, an up market, or even a flat market.

Six-week online course / \$129 **NEW!**

Sessions start monthly Matt Crabtree, CFP®

Please note: Our seminars are educational in nature. The University does not endorse or promote any products, strategy, or views. Any presented are those of the instructor only.

MANAGEMENT CERTIFICATE

Enhance your management skills through this program for supervisors, managers, and emerging leaders. Nothing creates success like a solid foundation. Discover the keys for effectively managing your employees. Find out how to create clear expectations, engage and motivate employees, and increase your effectiveness. Then you will explore the principles of collaborative management and gain insight on how to expand your collaborative skills for success of your team or organization. Finally, get the keys to manage different generations in your workplace. Discover what motivates each generation at work, what incentives they respond to, and what messages they value.

Twelve-week online certificate/ \$595

Feb. 3-May 1 Joyce Odidison, Kassia Dellabough, and Sally Klaus

SUPERVISORY & LEADERSHIP CERTIFICATE

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information along with tips and techniques that can be applied at your job immediately.

Two-month online certificate / \$395

Feb. 3-Mar. 27 Sally Klaus

CERTIFICATE IN NON-PROFIT ADMINISTRATION

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in Non Profit Administration. You will come away with the latest best information from instructors who train people in nonprofits.

Two-month online certificate / \$595

Feb. 3-Mar. 27 Fred Bayley and Myia Welsh

NEGOTIATION: GET WHAT YOU WANT

Negotiation is a key skill for success in business and everyday life. Knowing strategies to clarify what you want and how to prioritize needs will ensure you get more of what's essential. Having the skills to help others get what they want will improve relationships and increase your odds of success in the future. Work with a pro to learn how to plan, implement and win in the bargaining process. Save time, grow your business network and gain confidence when dealing with even the shrewdest of deal-makers. Invest in these skills now and reap a lifetime of rewards.

One-month online session / \$195

NEW!

Check our website for dates

Instructor: Sally Klaus

Spotlight Class



AYURVEDA: RESTORING YOUR BODY'S HEALTH AND WELLNESS

Ayurveda translates to the knowledge of life. It is a mechanism for identifying what may be out of balance within your body and provides options for treating this imbalance through modalities like diet, essential oils, and lifestyle choices. The seminar will also speak to Panchkarma, a process used to cleanse the body of toxic materials left by disease and poor nutrition. Panchkarma is the ultimate mind-body healing experience for detoxifying the body, strengthening the immune system, and restoring wellbeing.

Instructor Dr. P. Jayan is the senior doctor at the Kalari Kovilakom Ayurveda Hospital. He graduated with a bachelor of Ayurveda medicine and surgery in 2000 and has since worked as an Ayurveda physician. He has successfully treated patients with neurological, skin, and GI tract disorders. He has conducted several overseas workshops. His patients are from across the world.

SEE PAGE 20 FOR COURSE DATE / TIME

ONLINE LEARNING

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TECHNOLOGY

ITIL CERTIFICATION

The ITIL® (Information Technology Infrastructure Library) is a framework designed to standardize the selection, planning, delivery and maintenance of IT services within a business. The goal is to improve efficiency and achieve predictable service delivery. The ITIL® framework enables IT administrators to be a business service partner, rather than just back-end support. ITIL® guidelines and best practices align IT department actions and expenses to business needs and change them as the business grows or shifts direction. This three-day course will provide knowledge of the ITIL® terminology, structure, and basic concepts and comprehension of the core principles of ITIL® practices for service management. The course leads to an examination that provides 2 credits that can count towards the ITIL® Expert qualification. The examination is a pre-requisite for intermediate level examinations.

Three-day course / \$2199

NEW!

3-day course starts in January
Check our website for more details

Mark Romito, CISA, CISM,
ITIL® Expert

INTRODUCTION TO SQL

Learn the key concepts of Structured Query Language (SQL), and gain a solid working knowledge of this powerful and universal database programming language. By the end of this course, you'll have a solid working knowledge of structured query language. You'll feel confident in your ability to write SQL queries to create tables; retrieve data from single or multiple tables; delete, insert, and update data in a database; and gather significant statistics from data stored in a database.

Six-week online course / \$139

NEW!

Sessions start monthly

Dr. Cecelia Allison

INTERMEDIATE SQL

Expand your knowledge of Structured Query Language (SQL), the industry standard database programming language. By the end of this course, you'll be able to use a wide range of advanced SQL techniques with confidence. Your new skills with databases will enhance your competitiveness in the technical fields of software development and database administration.

Six-week online course / \$139

Sessions start monthly

Dr. Cecelia Allison

JAVA PROGRAMMING SERIES

If you want to learn computer programming but don't have any prior experience, you'll enjoy a tour of Java, one of the most widely used computer languages in the world. It's a breeze to learn in a friendly and supportive environment. Start with the basics of programming and go on to write your programs and integrate input and output, calculations, decision making, and loops. Build your knowledge and confidence with easy-to-understand examples and plenty of skill-building exercises. Whether you want to try it out to see if you like it or plan on doing more with Java, this is a great place to start.

Twelve-week online course / \$199

Sessions start monthly

Brian Hall

Instructor bios available online at uc.edu/ce/commu

INTRODUCTION TO JAVASCRIPT

You may already know how to use HTML and CSS to create web-sites. If so, you're ready to add more power to your programming with JavaScript. This programming language lets you add interactivity to your pages by creating features such as buttons, picture carousels, and collapsible panels to your Web pages. The course begins with the basics of JavaScript code and then moves on to more advanced topics. Throughout the course, you'll get plenty of hands-on practice to give you the experience you need to really understand how JavaScript works. And since no JavaScript course would be complete without a discussion of jQuery, you'll learn about it as well. By the end of the course, you'll understand how to use jQuery to catapult your basic JavaScript knowledge to incredible new heights. This course assumes you already know HTML and CSS. JavaScript is always used with these two programming languages, not as an alternative to them.

Six-week online course / \$129

NEW!

Sessions start monthly

Alan Simpson



UNDERSTANDING THE CLOUD

What is the cloud? If you have trouble answering this question, you are not alone. In this course, you will explore how the cloud works, what drives its incredible growth, and how you can use cloud services. You will start by looking at the building blocks of the cloud, where it started, and how it transitioned. You will gain a clear understanding of IaaS (infrastructure), SaaS (software), and PaaS (platforms), and examine why each may be attractive to some businesses, but not to others. You will learn about the different kinds of clouds (public, private, and hybrid). You will also look inside the engine rooms of the cloud: data centers. You will examine the concept of big data and how the cloud infrastructure enables data to zip across the globe at lightning speed. You will look at how Facebook and Twitter contribute to the cloud, and how apps go from idea to app store. You will gain an understanding of how mobile devices and major mobile ecosystems continue to shape the cloud. Whatever your technical background, by the end of this course, you will be thoroughly cloud-savvy.

Six-week online course / \$139

NEW!

Sessions start monthly

David Iseminger



"This class was amazing! I enjoyed it so much, that I not only recommended it to my co-workers, but I purchased it as a gift for my son, who is also an IT professional."
-Sandy Caudill, Understanding the Cloud student



CREATING WORDPRESS WEBSITES

WordPress is the most commonly used content management system, powering more than 34% of all websites. You can easily learn how to create a user-friendly WordPress site — without any coding. This course will give you hands-on experience with this powerful website building tool. Throughout the course, you will build a WordPress site, while learning how to design pages, add engaging content, and customize your site's look and feel. By course completion, you will be able to maintain a secure site that achieves high search engine rankings.

Six-week online course / \$139

NEW!

Sessions start monthly

Richard Mansfield

Ai

INTRODUCTION TO ILLUSTRATOR CS6

In this course, you will learn to apply color, create shading effects and painterly brushstrokes, and add special effects such as 3D to your drawings. You can also easily move designs back and forth between Photoshop and Illustrator to take advantage of the strengths of both programs. Each lesson contains an assignment that challenges both your creativity and your growing skill. The course is designed to let you work at your own level, whether you're just getting started or looking to refresh your Illustrator skills.

Six-week online course / \$129

NEW!

Sessions start monthly

Sherry London

Spotlight Class



SMART PHONE PHOTOGRAPHY WORKSHOP: YOUR BEST CAMERA IS ONE THAT IS ALWAYS WITH YOU!

Learn from UC's expert multimedia designer, Kyle Sliney. Kyle Sliney is skilled in Branding & Identity, Typography, User Interface Design, Adobe Creative Suite, and Animation.

Whether iPhone or Android, you'll gain a better understanding of focus, exposure and light, and learn quick and easy tricks for taking portraits, action shots and more. You will also learn the latest tech and apps to get the best of our your smartphone and to take better pictures.

SEE PAGE 11 FOR COURSE DATE / TIME

Project Management Certification Training online at Commuiversity

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

Programs available in the following areas:

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- **Media and Design**
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Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

SPECIFIC COURSE OFFERED:

- Six Sigma Black Belt
- Six Sigma Green Belt
- Master Project Management with Microsoft Project 2016
- Lean Mastery
- The Complete Project Manager with Microsoft Project 2016

- Mastering Project Management with PMP® Prep
- Microsoft Project 2016
- Management Training
- Purchasing Supply Chain Management
- The Complete Project Manager with CAPM® and PMP® Prep
- Management for IT Professionals

For online class dates go to: commuiversity.uc.edu

Programs are pre-approved for PDU's through:





CERTIFICATE IN GOOGLE TOOLS

Increase your online savvy and ability to position yourself and your organization for greater success. Experience the interaction and big take-aways from studying with top notch professionals. Your instructors not only work with these tools every day, but speak at national conferences and train others. Your teachers have tips you have not discovered yet. Learn more about Google Analytics, Google apps for business, and Google+ . Acquire new tips and techniques. Just one new tip can mean greater productivity, effectiveness and even profitability for your work.

Three-month online certificate / \$495

Check our website for dates/times
Dan Belhassen,
Susan Hurrell &
Dr. Jennifer Selke

DIGITAL MARKETING CERTIFICATE

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions.

Three-month online certificate / \$495

Check our website for dates/times
Dan Belhassen &
Susan Hurrell

SOCIAL MEDIA FOR BUSINESS CERTIFICATE

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations, discover new principles of communication that apply across all networks (from Facebook to Twitter, blogging, YouTube, LinkedIn, and more) and how these specific social networks work and the possible uses for your organization. Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Three-month online certificate / \$495

Check our website for dates/times
Dr. Jennifer Selke
& Nicole Siscarett

TO EARN YOUR CERTIFICATE:

You can take our online courses and certificates as non-credit, and participate as little or as much as you like. For completion and recognition, there are requirements.

See specific requirements in class information at:

yougotclass.org/index.cfm/Ucincinnati



INSTAGRAM FOR BUSINESS

With over 100 million users, Instagram is a marketing gold mine. Discover ways to have your audience generate excellent content for you. Build your community while doing it. Learn how to make hashtags work for you, how to make and keep your followers happy and how a small input can cause exponential growth. We'll also explore Do's and Don'ts of Instagram to get you on the fast track to success. Make the most of Instagram and lead your business to unending exposure. An android or iOS device is needed to take full advantage of the exercises in this class.

One-month online certificate / \$195

Check our website for dates/times
Nicole Siscarett

INBOUND MARKETING CERTIFICATE

Inbound marketing is a way to help potential customers find you through organic search. It is a process of using your website in a way that attracts visitors naturally through search engines, the blogosphere, and social media. Inbound marketing is more effective than outbound marketing, where you push sales messages to your potential customers. Inbound marketing is the future of the way we market in the 21st century. Discover how to attract customers to your site, what kind of content to share with them, how to use landing pages and forms to collect names and email address, and how to implement lead-nurturing campaigns that result in sales.

Three-month online certificate / \$495

Refer to website for dates/times
Dan Belhassen,
Susan Hurrell &
Michael Weiss

MANAGING SOCIAL MEDIA PLATFORMS

Different social networks have distinct characteristics, different features, and are used to develop a two-way communication and marketing strategy for your organization. Get a skill set for working and managing different social media platforms. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing. You will get a firm foundation in Twitter, LinkedIn, and Facebook platforms. Come away with both an understanding of these social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

Three-month online certificate / \$495

Check our website for dates/times
Dr. Jennifer Selke

YOUR OPINION MATTERS!

As a Community student, your input and feedback are important to helping us provide high-quality programming and exceptional instruction. Please complete a class evaluation at:

community.uc.edu



ACT PREPARATION

Losing sleep and getting anxious about test day? In this intensive class, you'll build confidence and make the most of your potential by studying strategies for taking the ACT and by reviewing topics covered by the ACT (math, writing and reading comprehension). Learn a variety of test taking methods and work with the instructor to adapt the ones that best suit your own unique style and personal strengths. You'll get support for questions and concerns; plus discussions, PowerPoints, use of TPR materials, and lots of concrete examples. Discover approaches to increase your odds on each question type, how to use a process of elimination, plan your critical reading passage strategy, and learn when it's good to guess.

Three-week session / \$199

Sun, Jan. 19-Feb. 2	4-7pm	Emily Aleshire Mulvey
Sun, Mar. 15-29	4-7pm	Emily Aleshire Mulvey
Sun, Jun. 28-Jul. 12	4-7pm	Emily Aleshire Mulvey

GMAT PREPARATION

Applying to graduate business and management schools usually means taking the GMAT (Graduate Management Admission Test). This course will provide you with test-taking techniques and methods for improving your score and saving time on all GMAT question types. You'll review the more familiar questions and learn how to approach question types that may be new to you. You will practice on actual GMAT tests from previous years, which is the best way to prepare for any standardized test.

Six-week online session (choose one) / \$129

Session starting Jan. 15	Benjamin N. Gialloreto
Session starting Feb. 12	Benjamin N. Gialloreto

SAT/PSAT PREPARATION

Gain confidence and make the most of your potential by studying strategies for taking the SAT and by reviewing topics covered by the SAT. You will learn specific techniques for taking the math, writing and reading comprehension parts of the test. Discover how the test is structured, effective methods for solving each problem type, and what to expect. Acquire an arsenal of tools to help you succeed, including how to use a process of elimination, construct a well-defined essay on test day, plan your critical reading passage strategy, and decide how to handle the conundrum "to guess or not to guess."

Three-week session (choose one) / \$199

Sun, Feb. 16-Mar. 1	4-7pm	Emily Aleshire Mulvey
Sun, May 17-31	4-7pm	Emily Aleshire Mulvey

GRE INTERACTIVE ONLINE PREPARATION

If you're planning to apply to graduate school, you'll likely have to take the GRE. Be prepared to excel on the exam while learning from the comfort of your home. Attend two classes a week for a total of 3 hours of live instruction with our expert instructors. This is a comprehensive course which includes reading comprehension, sentence equivalence questions, quantitative comparison and reasoning and data integration. You will also gain pointers on time management, anxiety relief, scoring, and evaluate your writing to improve your GRE score.

Four-week session / \$399

Refer to online course description for dates/times.

LSAT PREPARATION

The key to success on the Law School Admission Test is practice, strategy, and timing. Delve into a detailed analysis of each LSAT problem type: reading comprehension, analytical reasoning, and logical reasoning. By discussing the problems and explanations, you'll develop the ability to approach the LSAT as a series of intellectual games to which you can apply strategies studied in class. You will also benefit from the instructor's critique of your LSAT writing samples. The course culminates in a full-length mock exam.

One four-week sessions / \$299,

Sat, Jan. 25-Feb. 15 3-7pm Sara Berry, JD

Location: UCLaw School

TOEFL IBT INTERACTIVE ONLINE PREPARATION CLASS

The TOEFL iBT is a test that measures English academic proficiency. It is used as one part of the admission process at many English-speaking universities. Also, many medical and licensing agencies use them for professional certification purposes. This course will cover all four areas of the TOEFL iBT; reading, writing, listening and speaking and is taught by two licensed teachers. For the class, listening and speaking will be on Tuesdays and reading and writing will be on Wednesdays. Students who want to take this TOEFL class usually have more success if they have a high intermediate to advanced level of English. This class is not a beginner English class; we will not be teaching basic English skills.

Four-week sessions / \$399

Refer to online course description for dates/times.



For required text, refer to course description online.



REGISTER EARLY FOR THE BEST SELECTION

You can register at any time, prior to the class start date. However, some classes have limited enrollment, so register early to get into the classes you want.

100% SATISFACTION GUARANTEE

We are proud of the quality of our programming and our instructors.

We want you to love your Communiversiity experience, which is why your satisfaction is 100% guaranteed. If you are ever less than completely satisfied with a Communiversiity class, we will issue a credit for the registration fee toward a future Communiversiity class. Please contact us at ce@uc.edu or (513) 556-6932 within 7 days of completing your class.

CLASS LOCATIONS & PARKING

The majority of our classes are held at UC's Victory Parkway Campus with ample free parking in the rear lot. If class is being held at another location, it is noted. Addresses/maps for all locations are provided online.

WAIT LISTS

If a class you want is full, you may place yourself on a wait list. If a spot opens in that class, anyone on the wait list will receive an email. We will make every effort to accommodate you.

GROUP DISCOUNTS

Organize a group of 6 or more students and you will receive your class free. All students must participate in the same class and online classes/certificates are excluded. Call 556-6932 for group registration information.

UC FACULTY & STAFF DISCOUNTS

Full-time UC & UC Health employees receive a 50% discount off one class per term. *Online courses/certificates, gift certificates, Food & Drink and Test Preparation classes are excluded from all available discounts. Call 556-6932 to take advantage of this discount.

CLASS CANCELLATIONS

Classes may be cancelled due to insufficient enrollment. Every attempt will be made to contact students by email or telephone and offer alternative accommodations before the class meets.

EMERGENCY CANCELLATIONS

UC Communiversiity classes are automatically cancelled when there is a weather or other emergency and when UC Main Campus is closed. Closing notifications will be sent via email. Check your email for a detailed message from our office for school closings.



How Online Courses Work

ABOUT ONLINE LEARNING

Online learning is a fun, enjoyable and very productive way to learn. Millions of people are learning online each year. You will engage and get to know your instructor and other participants in the class. You may even make friends.

It's easy. It's fun.



HOW THE COURSE WORKS

It is easy to participate in your online course. After you register, you will be given a web address to go to get into your online classroom. You will use your email address and create a password to gain access.



PARTICIPATE WHEN YOU WANT

You can participate any time of day or evening. The online classroom is open 24 hours a day, 7 days a week. There are no live real-time requirements or meetings. You decide when you participate. For the best learning, participants should log into the course on 2-3 different days of the week.



HERE'S WHAT YOU'LL DO

For each Unit, you will:

- Access the online readings
- Listen to the audio presentation for the Unit and view the slides
- Take a self-quiz to see how much you have learned
- Engage in written online discussion with your instructor and other participants

The content (readings, audio lectures, slides) and self quizzes are accessible for the entire course, so you can work ahead, or go back and review again, at your convenience.

Communiversiity partners with Ed2Go and UGotClass to offer a wide variety of online courses and certificates.

4 Easy Ways to Enroll

Register Early for Best Selection



ONLINE



Online at communiversity.uc.edu.

CALL



Call us (513) 556-6932

Office hours are 9:30 am–6:30 pm Monday–Friday.

VISIT



Visit our office.

UC Victory Pkwy, Admin Bldg–Ste. 208
2220 Victory Pkwy, Cincinnati, OH 45206

Office hours listed above

Payment Options: We kindly accept check, credit or debit card.

MAIL



Mail this form with a check to:

UC Communiversity

c/o PNC Bank

P.O. Box 933134

Cleveland, OH 44193

(Make check payable to University of Cincinnati)



MAIL IN ENROLLMENT FORM (Enclose Check)

Name _____

Email Address _____

Mailing Address _____

City _____ State _____ ZIP _____

Phone (home) (____) _____ Phone (cell) (____) _____ Date of Birth _____

I am registering in the following classes:

Title _____ Fee _____

Title _____ Fee _____

Title _____ Fee _____

If you are registering more than one person, please include the name, email address and birthdate for each participant below:


1. _____

2. _____

3. _____

COMMUNIVERSITY

WINTER 2020



Make this your year
to invest in yourself!

*We offer lively and engaging
classes for adult learners
in Personal Enrichment &
Professional Development*

**FOCUS ON
HEALTH & FITNESS**

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