

integrative & holistic  
continuing health  
education



normandale

fall 2015

certificates • workshops • online



2 Ayurveda



8 Nutrition



12 Healing Touch



16 Qi Practice



22 Creativity and Personal Development

## Your Personal Evolution

Discover your true nature by exploring leading edge discoveries in science – from quantum physics to neuroscience - to bridge the gap between science and spirituality, and ground the theory of the “Law of Attraction” in practical & proven tools for inspired and sustainable change.

October 22 – 24, 2015

See page 23 for course details.



Justine Ruszczuk holds a degree in Veterinary Science (Sydney University). She is a Certified and Licensed Trainer with Dr Joe Dispenza, qualified yoga instructor and trained practitioner in EFT, Theta Healing & Reconnective Healing.

# Table of Contents

## AROMATHERAPY

Foundations .....	2
Aromatherapy for Stress Reduction .....	2
Intention, Intuition and Aromatherapy .....	3
Aromatherapy in Healthcare .....	3

## AYURVEDA

Ayurveda Certificate .....	2-3
Yoga and Ayurveda .....	19

## BODY SYSTEMS

Detox and Muscle Response Testing .....	8
Hormone Balance .....	8

## CODING AND TRANSCRIPTION

Medical Careers Free Info Session .....	32
Medical Coding & Billing .....	32
Medical Transcription Editor .....	33
ICD-10 for ICD-9 Coders .....	33

## CREATIVITY AND DEVELOPMENT

Climbing the Labyrinth .....	23
Full Voice .....	22
Fullistic Joy .....	22
Fullistic Living .....	22
Heart Based Prosperity .....	12
Hoopdancing .....	23
Life Coaching .....	22
Science and Spirituality .....	23

## DENTAL

Effective Teaming .....	36
Practical Pharmacology .....	36
Nitrous Oxide .....	37

## ENERGY WORK

Energy Medicine Certificate .....	14-15
Advanced Energy Medicine .....	15
Energy Management Tools .....	20

## EMOTIONAL FREEDOM TECHNIQUES

EFT Levels 1 & 2 Certificates .....	12-13
-------------------------------------	-------

## EVENTS

Healthy Life Expo .....	13
Learning Well on Edge Talk Radio .....	5
Medical Careers Free Info Session .....	32
Tai Chi Open House .....	28
Compression Planning .....	27
Fall Warm Up .....	21

## FENG SHUI

Personal Feng Shui Certificate .....	24
--------------------------------------	----

## HEALING ARTS BUSINESS

Healing Arts Business Series .....	26
------------------------------------	----

## HEALING TOUCH

Healing Touch Level 1 & 2 Certification .....	10-11
---	-------

## HEALTHCARE AND MEDICAL

Dental Continuing Education .....	34-35
EMR/EMT Refresher .....	31
Healthcare Provider BLS & Renewal .....	31
Medical Administrative Assistant with EHR .....	33
Nursing Refresher .....	30
Pharmacy Technician .....	32

## HEALTH INFORMATION TECHNOLOGY

Health Information Technology .....	34-36
-------------------------------------	-------

## HERBALISM

Herbalism Certificate .....	6-7
Holistic Health Assessment .....	6
Wild Plant Walk .....	7

## HOMEOPATHY

Homeopathic Certificate .....	4,5
Homeopathy and UR Infections .....	4
Homeopathy and Autism .....	4
Homeopathic Casework .....	4

## HYPNOSIS

Self Hypnosis .....	18
---------------------	----

## LANGUAGES

American Sign Language Levels 1 & 2 .....	37
Spanish for Medical Professionals 1 & 2 .....	37

## MOVEMENT AND BODYWORK

Exercise for Cancer Recovery .....	27
Hoopdancing .....	23
Pilates .....	19
Yoga .....	18-19
Qi-Breathing .....	16

## NUMEROLOGY

Your Personal Numerology Chart .....	24-25
--------------------------------------	-------

## PILATES

Posture and Pilates .....	19
---------------------------	----

## PROFESSIONAL DEVELOPMENT

Integrative Healing in Healthcare .....	26
Integrative Care for Vascular Disease .....	27
Exercise for Cancer Recovery .....	27
Self-Care for the Professional .....	26
Human Anatomy & Physiology .....	30
HIPAA Compliance .....	30
Medical Terminology .....	30
Compression Planning .....	27

## QIGONG MOVEMENT FORMS

Longevity Qigong .....	16
Shibashi Qigong .....	16
Qigong Workshops .....	16

## QI PRACTICES

Esoteric Acupuncture .....	17
Qi-Breathing .....	16
Traditional Chinese Medicine .....	16

## REIKI ENERGY THERAPY

Reiki Energy Therapy: Levels 1 & 2 .....	10
--	----

## SELF MASTERY CERTIFICATE

Self Mastery .....	20-21
--------------------	-------

## SPRING FOREST QIGONG

Managing Stress with SFQ .....	17
Qi-ssage with SFQ .....	17

## STRESS MANAGEMENT

Art of Mindfulness .....	18
Peaceful Parenting .....	18
Qi-Breathing .....	16
Self-Hypnosis .....	18

## TAI CHI

Beginning Tai Chi for Arthritis & Balance .....	29
Tai Chi for Diabetes .....	29
Tai Chi Open House .....	28
Tai Chi Workshops .....	28
Sun Style .....	29
Teacher Certifications .....	28
Yang Style .....	29

## YOGA

Restorative Yoga .....	18
Yoga for Your Back .....	18
Yoga Nidra .....	19
Yoga and Ayurveda .....	19



## Ayurveda Certificate

Ayurveda is a 5,000 year-old holistic medical system from India that emphasizes prevention and encourages health through balancing body, mind and consciousness. This series will introduce core Ayurvedic principles of right thinking, food choices, life style changes, and the use of herbs to create balance in energies responsible for body-mind functions. You will learn about your own psycho-physiological make up and techniques to integrate in your mind-body healing practice. **18 Contact Hours and \$249/series or 3 Contact Hours and \$49/class, Asavari Manvikar, MD (Ayurveda) RAS**

### Class 1: Introduction to Ayurveda

This foundational course covers the history, science and purpose of Ayurveda including the five elements: space, air, fire, water and earth. Vital bioenergies or “The Three Doshas” will be introduced and explained as well.

**ID: 43205**                      Tue, 10/6/15                      6:00pm – 8:30pm                      RM: P1838

*Introduction to Ayurveda is a prerequisite for ALL other Ayurveda classes in this certificate series.*

## aromatherapy

### Aromatherapy Foundations Certificate

This certificate course provides the foundational information and skills you need to understand how and why essential oils work. Learn how essential oils heal simultaneously in the physical body, and emotional and energetic levels. Explore the therapeutic benefits, chemistry, safety, olfactory system and receive insider tips on the field of aromatherapy. Hands on learning in class includes learning about 7 essential oils, assessment skills, how to use diffusers and sprays, and make inhalers and topical treatments that are safe and cost effective. **16.8 Contact Hours, \$275**

**ID: 43203**                      Fri, 10/30/15                      8:30am – 4:30pm  
    & Sat, 10/31/15                      9:00am – 4:00pm                      RM: P1840

**Recommended for Certificate:** *The Complete Guide to Aromatherapy 2004* (2nd edition) by Salvatore Battaglia, available at major textbook retailers. Oils, supplies and textbook (not required for class) are available for purchase in class.

### NEW Aromatherapy for Stress Reduction

One of the most valuable uses of essential oils is stress reduction. Most common symptoms of stress include mood and sleep imbalances, increased tension and pain, or digestive issues. Learn how you can utilize the power of essential oils to enhance wellbeing. *Prerequisite: Aromatherapy Foundations Certificate or Instructor Approval.* **9 Contact Hours, \$145**

**ID: 43811**                      Fri, 11/6/15                      8:30am – 4:30pm                      RM: P1840



## Class 2: Diet & Nutrition

Learn the concepts of Agni, Ama (toxins), the six tastes and some basic rules for eating food and unhealthy food combinations.

ID: 43206      Tue, 10/13/15      6:00pm – 8:30pm      RM: P1838

## Class 3: Constitution & Wellness

Discover characteristics of Ayurveda's Vata, Pitta and Kapha body types, individualized for your own body and system.

ID: 43207      Tue, 10/20/15      6:00pm – 8:30pm      RM: P1838

## Class 4: Daily Routine & Harmony with Nature

Tune into nature's patterns and rhythms and learn a general routine and your Dosha specific routine to support your practice.

ID: 43208      Tue, 10/27/15      6:00pm – 8:30pm      RM: P1838

## Class 5: Health Maintenance with Seasonal Changes

Learn about seasonal changes to the body, health and emotional levels, different stages of body imbalance and detox techniques.

ID: 43209      Tue, 11/10/15      6:00pm – 8:30pm      RM: P1838

## Class 6: Herbs & Food for Healthy Living

Bring balance to your individual constitution through the use of specific foods, herbs and spices to boost immunities.

ID: 43210      Tue, 11/17/15      6:00pm – 8:30pm      RM: P1838

“ Jodi is an excellent instructor. Her skills, knowledge, and expertise are conveyed with an energetic presentation. She is engaging! ”

## NEW Intention, Intuition and Aromatherapy

Practice using your intuitive skills in the art of aromatherapy. In this class, you will learn to listen to essential oils, in order to understand their emotional and energetic qualities. Learn a technique to program healing intention into your essential oils. 3.6 Contact Hours, \$69

ID: 43201      Tue, 9/29/15      6:00pm – 9:00pm      RM: P1838

## NEW Aromatherapy in Healthcare

Aromatherapy is the fastest growing complementary therapy used in healthcare settings today. Use of essential oils offers a non-pharmacological option for anxiety, nausea, pain and rest. Learn from case studies of aromatherapy programs in hospitals, nursing homes and hospice, and discover the initial steps to begin an effective, safe aromatherapy program in a health care setting. 2.4 Contact Hours, \$49

ID: 43810      Tue, 10/6/15      6:30pm – 8:30pm      RM: P1842

Jodi Baglien, CA, CST, is an experienced holistic practitioner and instructor. She combines her years of training and experience in clinical aromatherapy and shiatsu therapy with her passion for awakening and mastering our inherent intuitive gifts.





## Homeopathic Medicine Certificate

This certificate program prepares you with practical skills that can be applied immediately, including; the basic laws of homeopathy, how remedies are made, and applications for infectious disease and acute conditions. Individual courses will introduce you to more in-depth treatment options for influenza, natural immunization information, and first aid applications. Classes may be taken individually or as a series. **18 Contact Hours/\$305 for series, Cilla Whatcott, HD (RHom) CCH**

### Class 1: Foundations of Homeopathic Medicine

This class provides an overview of the art and science of homeopathic medicine. You will learn the basics of homeopathy to treat yourself and others using the 3 basic laws of homeopathy and simple cell salts. Learn how to engage the body's natural defenses to maintain more vibrant health. **7.2 Contact Hours, \$149**

**ID: 43233** Sat, 9/19/15 9:00am – 4:00pm RM: P1844

*Homeopathy is an evidence-based medicine that stimulates the body's own curative powers.*

# homeopathy

## **NEW** Homeopathy and Upper Respiratory Infections

Otitis, bronchitis, sore throats, oh my! Is there something you can do to get off the treadmill of recurrent infections and antibiotics? Yes! Homeopathy offers a reasonable and effective solution to a growing problem, whether it's recurring sinusitis, or chronic fluid in the ears. Learn practical tips and recommendations for remedies you can purchase from your local health food store. You can take back control of your child's health. **3.6 Contact Hours, \$59, Cilla Whatcott, HD (RHom) CCH**

**ID: 43232** Sat, 11/21/15 9:00am – 12:00pm RM: P1844

## **NEW** Homeopathy and Autism Spectrum Disorders

Is there anything homeopathy can do for children "on the spectrum"? Learn about Tinus Smits, MD and his effective method of removing obstacles to cure and eliminate autism expression. See actual case studies including how Amy Lansky, PhD treated her child's autism using homeopathy. **3.6 Contact Hours, \$59, Cilla Whatcott, HD (RHom) CCH**

**ID: 43231** Sat, 12/5/15 9:00am – 12:00pm RM: P1844

## **NEW** Homeopathic Theory and Casetaking

This class is a deep dive into the precepts of constitutional prescribing and introduces the material medica of selected plant, animal and mineral remedies. *Prerequisite: Completion of the Homeopathy certification series is required.* **4.8 Contact Hours, \$89, Cilla Whatcott, HD (RHom) CCH**

**ID: 43230** Sat, 12/12/15 9:00am – 1:00pm RM: P1844

## Class 2: Homeopathy and Influenza

This class will familiarize you with the natural methods to deal with influenza and other viral illnesses, examine conventional flu vaccines for ingredients and efficacy and the historic and current practical application of homeopathy for acute infectious, contagious disease. You will also learn about the history and application of homeoprophylaxis. 3.6 Contact Hours, \$59

ID: 43235

Sat, 9/26/15

9:00am – 12:00pm

RM: P1844

## Class 3: Immunization from a Homeopathic Perspective

This course is designed for parents questioning the best way to protect their children as well as health professionals looking for answers to the complex issues surrounding the increased vaccine recommendations. You will look at methods of vaccination and the safe and effective alternative solution called “homeoprophylaxis.” 3.6 Contact Hours, \$59

ID: 43236

Sat, 10/17/15

9:00am – 12:00pm

RM: P1844

## Class 4: Homeopathic First Aid

Learn the basics of using homeopathy to treat minor acute injuries and illnesses and to engage the body’s natural defenses to maintain more vibrant health. You will become familiar with effective remedies for burns, wounds, ear infections, learn the main characteristics of an illness and how to match them to a remedy choice as well as how to dose a remedy safely and when to stop dosing. Each participant will go home with 30c. of arnica. *Prerequisite: Foundations of Homeopathic Medicine.* 3.6 Contact Hours, \$89

ID: 43234

Sat, 11/7/15

9:00am – 12:00pm

RM: P1844



# Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm



**September 1:** Kathleen DesMaisons, author of *Potatoes Not Prozac*.

**October 6:** Richard Earle, Director of the Canadian Institute on Stress.

**November 3:** Richard Leider is a nationally recognized Executive Coach and author of nine books, including the national bestsellers *The Power of Purpose* and *Repacking Your Bags* which are considered classics in the personal development field.

Host **Elise Marquam Jahns** engages local and national thought leaders on integrative health topics. Elise is co-author of “Creating Choices” and spent 35 years with Twin Cities Public Television.

Call in at 714-364-4950 to join the conversation or listen to live/archived shows at [blogtalkradio.com/edgemagazine](http://blogtalkradio.com/edgemagazine).



INTEGRATIVE HEALTH EDUCATION CENTER  
at Normandale Community College



## Herbalism Certificate

Herbal therapy is the oldest and most widespread form of healing on planet earth, generally regarded as safer and just as effective (if not more) as orthodox medicine and easily learned and used by the lay person. Learn to apply herbal therapy through the use of tinctures, glycerites, teas, capsules, poultices, compresses, and salves to support the constitution referencing an array of conditions and in close consideration of guidelines to indications, dosage, and contraindications. **24 Contact Hours and \$355 for series or 3 Contact Hours and \$49 per class, Matt Alfs, MH, AHG**

### Class 1: The Development, Forms and Energetics of Herbal Therapy

What are the major herbal systems of the world? How do herbalists from these various systems choose particular herbs for particular situations? You will learn about the energetic aspects of herbs (for example, herbs which are warming, cooling, drying, & moistening) and how they can impact upon different types of people and conditions. A few assessment techniques (including tongue assessment and pulse assessment) will also be briefly covered.

**Part 1: ID: 43213** Mon, 9/21/15 6:30pm – 9:00pm RM: P1840

**Part 2: ID: 43214** Mon, 9/28/15 6:30pm – 9:00pm RM: P1840

### Class 2: The Constituents and Properties of Herbs

Discover the chemical properties of herbs. You will learn about the nutrient content of herbs as well as about various therapeutic constituents such as alkaloids, saponins, flavonoids, tannins, essential oils, organic acids, and other valuable chemicals. This class will specifically focus on macronutrients and micronutrients.

**Part 1: ID: 43215** Mon, 10/5/15 6:30pm – 9:00pm RM: P1840

**Part 2: ID: 43216** Mon, 10/12/15 6:30pm – 9:00pm RM: P1840

## Holistic Health Assessment - An Herbal Perspective

Learn to assess a person's overall health using holistic-evaluation techniques. This class is designed as an advanced course following the Herbalism Series. See website for complete description of content, skill development areas and diagnostic tools that will be used to assess toxicity, imbalances and overall health. *Materials: Lighted magnifier, available at class (\$10).* **6 Contact Hours, \$89, Matthew Alfs, MH, AHG**

**ID: 43211**

Mon, 11/16/15 & 11/30/15

6:30pm – 9:00pm

RM: P1840



“ Herbalism is very useful  
for a myriad of health issues. ”

### **Class 3: Herbs for the Mind, Spirit, Emotions and Neuromuscular Systems**

This class will focus on herbs that support the respiratory system, including those plants which help to relieve congestion, soothe and astringe sore and boggy mucous membranes, and expectorate excess mucus.

ID: 43217                      Mon, 10/19/15                      6:30pm – 9:00pm                      RM: P1840

### **Class 4: Herbs for the Immune and Endocrine System**

Learn the effects of herbs on the immune and endocrine system.

ID: 43218                      Mon, 10/26/15                      6:30pm – 9:00pm                      RM: P1840

### **Class 5: Herbs for Digestion and Elimination**

Explore herbs that can help the digestion and elimination process.

ID: 43219                      Mon, 11/2/15                      6:30pm – 9:00pm                      RM: P1840

### **Class 6: Herbs for the Cardiovascular System**

Discover herbs that support the heart and circulation.

ID: 43220                      Mon, 11/9/15                      6:30pm – 9:00pm                      RM: P1840

**Matthew Alfs, M.H., A.H.G.** is one of fewer than 250 of clinical herbalists nationwide and holds a Master-Herbalist (M.H.) diploma. His education and clinical skills have been peer reviewed by the American Herbalists Guild as to be granted the status of a "registered herbalist" (R.H.). Matthew is a prolific author and journalist in the field of herbal medicine and has been in clinical practice since 1998. He is Director of the Midwest School of Herbal Studies and has taught herbal studies at Normandale for over ten years.



## **Health in Your Own Backyard**

### **Wild Plant Walk: Identification for Food & Medicine**

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of late summer and early autumn. Explore plant life in Normandale's expansive natural setting and learn how to utilize them for food and medicine.

3 Contact Hours, \$49, Matthew Alfs, MH, AHG

ID: 43212                      Mon, 9/14/15                      5:00pm – 7:30pm                      RM: P0844





## Holistic Nutrition Certificate

**NEW**

The Holistic Nutrition Certificate is designed to provide you with a working knowledge of plant-based nutrition. Gain the skills and insights needed to identify and help correct the nutritional causes of diseases. Learn to integrate the principles of holistic nutrition to enhance overall wellbeing. The book *Edible & Medicinal Wild Plants of the Midwest*, by Matthew Alfs, \$40, will be available for purchase in class. See website for course descriptions. **3.6 contact hours and \$49 per class or 18 contact hours and \$275 for the entire certificate, Matthew Alfs**

### Class 1: Traditional Diets and the Modern-American Diet

This class will focus on the hunter-forager diets of indigenous peoples compared to the modern-American diet and federal dietary recommendations. The 7 major nutrient deficiencies of the modern-American diet will also be reviewed.

**ID: 43772**      Wed, 9/23/15      6:30pm – 9:00pm      RM: P1840

## body systems

### Detoxing and Muscle Response Testing

Learn about the toxins you are exposed to every day in our environment, their affects, and how to protect yourself and heal from toxic exposure. We will discuss the proper way to detoxify our bodies using foods and supplements. You will discover how to use muscle response self-testing to avoid toxins, and find the foods, supplements and products that are compatible with your body. 3 Contact Hours, \$49, Shanna Shouman, DC and Heidi Gilman, NCABT

**ID: 45411**      Tue, 12/8/15      6:00pm – 8:30pm      RM: P0840

### **NEW** Hormone Balance: The Thyroid and Beyond

Hormones make life happen. They activate energy, stress, weight gain, reproduction, and sleep. This class will discuss how the major hormones interact and influence each other while providing practical strategies to improve hormone function for energy, weight and sleep improvements. 3.6 Contact Hours, \$49, Paul Ratté, ND

**ID: 45412**      Tue, 12/1/15      6:00pm – 9:00pm      RM: P1838

**Balance Body/Mind/Spirit with Esoteric Acupuncture** – See page 17

## Class 2: Macronutrients

This class will discuss the four major macronutrients--water, protein, lipids (fats, etc.), and carbohydrates.

ID: 43773                      Wed, 9/30/15                      6:30pm – 9:00pm                      RM: P1840

## Class 3 & 4: Vitamins

This class will discuss individual vitamins and how they nourish the whole person. Quasi-vitamins—compounds recognized as vitamins by some nations other than the U.S.A. (vitamins B13, T, and U)—will also be covered.

Part 1: ID: 43774                      Wed, 10/7/15                      6:30pm – 9:00pm                      RM: P2840

Part 2: ID: 43775                      Wed, 10/14/15                      6:30pm – 9:00pm                      RM: P1840

## Class 5: Minerals

This class will discuss individual minerals, major foods sources, supplemental forms, and optimal amounts.

ID: 43778                      Wed, 10/21/15                      6:30pm – 9:00pm                      RM: P1840

## Class 6: Healing Applications of Nutrition

This class will focus on how particular foods and supplements can be utilized to support health in the face of serious challenges such as cancer, autoimmune disorders, depression, anxiety, insomnia, endocrine issues, and bone density.

ID: 43779                      Wed, 10/28/15                      6:30pm – 9:00pm                      RM: P1840

# What is Holistic Nutrition?

Holistic nutrition is the modern natural approach to developing a healthy balanced diet while taking into account the person as whole—physical, mental, and emotional. The goal of holistic nutrition is to facilitate a health recovery plan as well as build a strong foundation for long term optimum health. [holisticnutrition.com](http://holisticnutrition.com).

Holistic practitioners—including acupuncturists, chiropractors, herbalists and nutritionists—agree that following a diet under the guidelines of holistic nutrition allows people to heal naturally without the use of prescription drugs—[e-ssortment.com](http://e-ssortment.com).



# healing touch



Healing Touch is an international educational program in energy based medicine therapy. As a professionally accredited program, the curriculum encompasses increasing levels of practice and techniques, standards of care, code of ethics and scope of practice. Healing Touch is endorsed by the American Holistic Nurses Association.

## Healing Touch International (HTI) Level 1

Healing Touch is relaxing, nurturing energy therapy which uses gentle, heart-centered touch to assist in balancing physical, mental, emotional and spiritual well-being and enhances the body's natural ability to heal. The class is open to anyone who desires to study energy therapy with a commitment to help others. Healing Touch works in complement with standard medical care and other health care systems and is safe for all ages. 18 Contact Hours, \$295 (workbook included)

<b>ID: 43187</b>	Fri, 9/18/15	8:00am – 5:00pm	RM: P1842
	& Sat, 9/19/15	8:00am – 4:00pm	

## reiki energy therapy

Reiki Energy Therapy is a simple, natural and safe method of therapy that uses life force energy transmitted through a practitioner's hands, which offers physical pain reduction and profound relaxation. Reiki Energy Therapy sessions are a hands-on, fully clothed touch therapy. These courses are taught using the Traditional Usui Reiki form. Lucille Crow, RN, RM, CHT

### Reiki Energy Therapy Level 1

This course prepares you to become a Certified Reiki Energy Therapy practitioner with the skills and abilities to fully utilize Reiki Energy Therapy including the theory and principles, the historic origins, the ethics, and the skills and abilities to administer Reiki Energy Therapy. Please bring a bag lunch and pillows, towels, and/or mat. 8.4 Contact Hours, \$150

<b>ID: 43256</b>	Sat, 10/24/15	8:00am – 4:00pm	RM: C3061
<b>ID: 43257</b>	Sat, 11/14/15	8:00am – 4:00pm	RM: C3061

### Reiki Energy Therapy Level 2

This class provides advanced skills in Reiki Energy Therapy, increasing the power and versatility of the use of the therapy. The practitioner develops abilities to handle more complex situations and techniques to strengthen and enhance the therapy. Upon completion of this course, the student is certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. *Prerequisite: Certification in Reiki Energy Therapy 1.* 8.4 Contact Hours, \$150

<b>ID: 43258</b>	Sat, 12/5/15	8:00am – 4:00pm	RM: C3061
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*Therapeutic Touch is commonly used in nursing practice for a wide range of health conditions.*

### **Healing Touch International (HTI) Level 2**

Participants will have an opportunity to develop deeper assessment skills, discuss applying techniques in clinical settings, and practice the following healing techniques: One-hour Healing sequence, Spiral Meditation, Mind Clearing, Modified Mind Clearing and Back Techniques. 18 Contact Hours, \$295 (workbook included)

**ID: 43188**

Fri, 12/4/15  
& Sat, 12/5/15

8:00am – 5:00pm  
8:00am – 4:00pm

RM: P1842

**Barb Schommer, RN, MS, CHTP, CHTI**, draws on her 45 year career as a public health nurse, combining standard medical care with energy therapy. As a Certified Healing Touch Instructor, Barb is gentle and loving in her approach of allowing participants to unfold in their own life healing journey as they learn Healing Touch.



## Get Certified

Show the world your skills!

Earn an Integrative Health & Healing Certificate at Normandale.

- Aromatherapy Certificate
- Ayurveda Certificate
- Herbalism Certificate
- Homeopathic Medicine Certificate
- Energy Medicine Certificate
- Reiki Energy Therapy Certification
- Healing Touch Certifications
- Tai Chi Teacher Certifications
- EFT Certificates
- Healing Arts Business Series
- Health IT Certificates
- Gerontology Certificate
- ...and many more

# emotional freedom techniques



Emotional Freedom Techniques (EFT) is a powerful self-tool to release unhealthy thoughts and emotional stress, reduce pain, and quickly manifest positive change.

## EFT: Level 1 & 2 Certificates

These hands-on workshops are part of the required training for certification as a practitioner through EFT Universe. You will learn the core concepts of EFT through step-by-step instruction, demonstration, and supervised hands-on practice. The workshops are designed to build your skills and confidence and are also intended for those who simply want to learn about and become more proficient with EFT in a supervised environment. 19.2 Contact Hours, \$395 per certificate

“EFT offers great healing benefits.”  
~ Deepak Chopra, MD

## holistic pain management

### Non-invasive Pain Relievers Certificate

**NEW**

This 3-part series will cover multiple drug-free techniques for reducing pain which can be used by individuals or health care providers as an alternative or additional support to medication. **7.2 Contact Hours and \$129/series or 2.4 Contact Hours and \$49/class, Melissa Dirtzu, RYC-200**

#### Class 1: Introduction and Whole-Body Healing

This class will cover the basics of pain and the use of water, music, and massages for the whole body system.

ID: 44497

Mon, 10/5/15

6:00pm – 8:00pm

RM: P0840

#### Class 2: Meridians and Acute Pain

Ever wonder how to cope with pin pointed pain such as tooth aches, headaches or what feels like a pinched nerve? Do time changes and jet lag mess with your energy and sleep patterns? Do you frequently suffer from muscle cramps or spasms? Come learn the ancient Chinese knowledge now called the meridian system.

ID: 44498

Mon, 10/12/15

6:00pm – 8:00pm

RM: P0840

#### Class 3: Body-Systems Support

Learn hands-on methods from basic pain and stress relief techniques from the vast field of Applied Kinesiology for nervous, vascular, and lymphatic system support.

ID: 44499

Mon, 10/19/15

6:00pm – 8:00pm

RM: P0840

“Love the demos  
and practices –  
invaluable.”

### Level 1 Certificate:

In EFT Level 1, you will learn the full basic recipe of “tapping” and how to make shortcuts. Discover how to measure progress, and recognize the importance of being specific. Learn how to apply EFT to limiting beliefs, traumatic memories, physical pain and addictive cravings.

ID: 41446

Sat & Sun, 9/26/15 & 9/27/15

8:00am – 4:30pm

RM: P1842

### Level 2 Certificate:

In EFT Level 2, you will dive deep into working with challenging emotions and trauma. Learn to provide EFT in person and by phone and video call, for individuals, groups, adults and children. *Prerequisite: EFT Level 1 or prior approval by the instructor.*

ID: 41447

Sat & Sun, 10/10/15 & 10/11/15

8:00am – 4:30pm

RM: P1842

Valerie Lis, EFT, MA, EFT Expert Practitioner 2 & EFT Universe Certified Trainer, is a national holistic health practitioner and trainer, educating college students, business and health professionals with self-empowering tools that produce positive change in just minutes.



## LOOK, FEEL and BE your best!

Visit the Normandale booth  
to enter our free drawing.  
See what's new, meet our staff and  
explore our cutting edge programs.



October 17 & 18  
10 am – 5 pm  
Minneapolis Convention Center

Register and get a **FREE Admission ticket** at [normandale.edu/CE/classes](http://normandale.edu/CE/classes)  
(click on Browse Classes/For Your Interest/Free Events)



## Energy Medicine Certificate

The Energy Medicine Certificate introduces the philosophies and descriptions of energy anatomy and energy healing. The program offers seven individual classes defining energy medicine, presenting ethical standards for energy workers, as well as scientific and cross-cultural descriptions of the major human energy channels, centers, and fields. Continue to create a toolbox of holistic techniques, ranging from use of color, shapes, energetic diagnosis, and imagery, to intuition and intention, all the while practicing the delivery and receiving of healing energy. You must take all seven classes for certificate of completion. However, you can also enroll in individual classes. **58.8 Contact Hours and \$875 for the entire series or 8.4 Contact Hours and \$145 per class**

### Class 1: The Holistic Process: What Is Energy Work

Explore the exciting fundamentals of energy, both physical and subtle. Learn about the major energetic systems, as well as the leading-edge research substantiating their existence and functions. We will analyze the various diseases, conditions, and lifestyle issues best addressed by which modalities before we get down to business and practice moving energy. Start filling your toolbox with necessary energy mastery techniques.

**ID: 41435**

Sat, 10/10/15

9:00am – 4:00pm

RM: P1838

**Cyndi Dale** is the author of almost 20 bestselling books on healing and energy medicine, including *The Subtle Body: An Encyclopedia of Your Energetic Anatomy*. She has studied and taught healing around in the world in countries including Belize, Costa Rica, Mexico, Greece, Russia, Venezuela, Japan, Morocco, and more.

Cyndi has been a natural intuitive since she was young, and offers these gifts to those seeking to make real and positive change. Her specialty is helping people explore their possible futures and select the one highlighting their rare and special gifts.





“ *These classes changed my life significantly. I'm so grateful.* ”

### **Class 2: The Tools of the Energy Trade**

The energy worker's toolbox includes intuition, boundaries, ethics, intention, protection, prayer, grace and your own version of the Hippocratic Oath. We will also review the nature of energetic interference, energetic bindings, and techniques to access safe spiritual sources, in addition to the importance of beliefs and feelings. You'll leave this class with a clear sense of your most important energy medicine tools and ways to apply them, all covered in this dynamic workshop.

**ID: 41436**

Sat, 11/14/15

9:00am – 4:00pm

RM: P1838

### **Class 3: Energy Anatomy: Channels**

In this class, we'll explain the two main energy channels, the meridians and the nadis, that support and determine our physical, mental, emotional, and spiritual wellbeing. Learn the historical and scientific evidence of these carriers of healing and thought as you learn ways to apply this information in energy work.

**ID: 41437**

Sat, 12/5/15

9:00am – 4:00pm

RM: P1838

**Classes 4-7 will be offered in Winter/Spring 2015  
See website for course descriptions**

“ *Cyndi is an engaging and excellent instructor. I am extremely grateful she is able to help us achieve our goals.* ”

## **Advanced Energy Medicine Certificate: Your Unique Intuitive Gifts**

This class is a customized development of your unique intuitive gifts. Cyndi will provide personal insights to each participant in regard to their specific intuitive gifts, best practices, sources of guidance, and boundary needs. The use of demonstration and small group exchanges will help each participant embrace, empower, and apply their exceptional intuitive faculties. *This class is intended for graduates of the Energy Medicine Certificate program.* 15.6 Contact Hours, \$365, Cyndi Dale

**ID: 41445**

Sat, 9/26/15 & 11/7/15

9:00am – 4:00pm

RM: P1838

Mid-course Check in call Tuesday 10/13/15

6:30 pm – 8:00 pm

See website for more information and prerequisites.



## **NEW** Longevity Qigong

Longevity Qigong will focus on two different Qigong forms: Symbols of Longevity Qigong and the Crane Frolic. Both forms enhance health, fitness, energy and longevity. 6 Contact Hours, \$65, Linda Ebeling

**ID: 43267** Tue, 9/22/15 – 10/27/15 6:30pm – 7:30pm RM: S2330

## **NEW** Shibashi Qigong

Shibashi is an easy to learn qigong set based on the movements of Yang style Tai Chi. The gentle, flowing movements improve health and energy while reducing stress. Class will begin with 12 meridian meditation, followed by the practice of Shibashi and discussion of its benefits, according to Traditional Chinese Medicine. 6 Contact Hours, \$65, Linda Ebeling

**ID: 44517** Tue, 11/10/15 – 12/15/15 6:30pm – 7:30pm RM: S2330

**One-day Workshops** include Shiba Louhan Qigong, Radiant Lotus Qigong and Tai Chi Sensing Hands.  
See website for details

“Wonderful teaching as usual.  
I learn more every class I take.”

## qi practices

### **NEW** Traditional Chinese Medicine Basics

This course introduces students to the theory and history of Traditional Chinese Medicine (TCM). Learn how TCM incorporates the 5 elements, yin/yang and the organ systems/meridians. Learn multiple treatment methods in TCM, including acupuncture, cupping, Chinese herbs and more, and discover how TCM can serve you. 2.4 Contact Hours, \$49, Jennifer Winer, L.Ac, MS

**ID: 44496**

Thur, 10/22/15

6:00pm – 8:00pm

RM: P1844

### **NEW** Qi-Breathing

Breathing is an untapped resource for most people. When expanded, your breath can reduce your stress, increase your energy and help you to focus and learn. Qi Breathing is a modern day twist on ancient breathing practices and eastern principles. Come experience the power of the breath. 3 Contact Hours, \$49, Deanna Reiter, MA

**ID: 43260**

Thur, 11/12/15

6:00pm – 8:30pm

RM: P1840

## spring forest qigong

Spring Forest Qigong is a simple and powerful form of Qigong. It was founded in 1994 by Master Chunyi Lin. He developed his program after studying and practicing Qigong and Tai Chi with some of the world's most prominent and powerful masters.



### **NEW Qi-ssage with Spring Forest Qigong**

Qi-ssage is a technique for opening the twelve major energy channels in your body, balancing the flow of your body's energy. Like massage, Qi-ssage involves touching and physical stimulation of the body. This workshop will prepare you to use qi-ssage for yourself and others. *Participants will receive a Qi-ssage manual, DVD and audio file.* 8.4 Contact Hours, \$239, Chunyi Lin

ID: 45413

Sat, 10/10/15

8:30am – 4:30pm

RM: P0838

### **Managing Stress with Spring Forest Qigong**

Doctors report that stress is the #1 underlying cause of illness and disease. In this workshop, you will learn simple, energy-based techniques you can use at any time to relieve and release stress, return your mind and body to a relaxed and balanced state, and help you live a healthier, happier life. 2.4 Contact Hours, \$59, Jaci Gran

ID: 45414

Wed, 12/9/15

6:30pm – 8:30pm

RM: P1840

**Chunyi Lin** is a certified International Qigong Master and founder of Spring Forest Qigong. He has taught over 120,000 students about its healing benefits.



*“a healer in every family and a world without pain”*

### **NEW Balance Body/Mind/Spirit with Esoteric Acupuncture**

Esoteric Acupuncture combines concepts of the ancient practice of acupuncture with the modern understanding of energy fields. You will learn how to determine which chakras are out of balance, and learn acupressure patterns that can de-stress the body and mind. 2.4 Contact Hours, \$49, Reenah McGill, L.Ac, DplOM

ID: 44495

Wed, 12/2/15

6:30pm – 8:30pm

RM: P1840

*The courses, seminars and retreats described in this brochure can be delivered as customized programs at the location of your choice. Please contact us for more information: ncal@normandale.edu Phone: 952-358-8343 • Fax: 952-358-8240 • TTY 866-880-8740. If you need a reasonable accommodation for a disability (e.g., wheelchair accessibility, interpreter, Braille or large print materials), such an accommodation can be available upon request. Normandale is an affirmative action, equal opportunity educator and employer.*

*The contents of this brochure and other college publications are subject to change without notice.*

*The information in this brochure is available in alternate formats. Call 952-358-8623 or TTY 866-880-8740*



# yoga and pilates



## Restorative Yoga

Calm the mind and body with the ease of this quiet yoga practice focused on deep breathing and gentle postures designed to release physical tension. This combination of breath and gentle movement activates the relaxation response, calming the nervous system while relieving stress. Sleep better and feel more at ease in your body while gaining the benefits of more flexibility and balance in your life. 7.2 Contact Hours, \$65, Sharon Sebring, RYT-200

**ID: 43767** Wed, 9/16/15 – 10/21/15  
6:30pm – 7:30pm RM: S2330

**ID: 43768** Wed, 10/28/15 – 12/16/15  
6:30pm – 7:30pm RM: S2330

## **NEW** Yoga for Your Back

This course offers simple yet powerful, therapeutic yoga practices carefully designed to alleviate pain and promote a healthy back with pain-free range of motion. You will leave with a daily practice to relax and strengthen your back, focusing on posture education, stress-reduction and stretching components. 2.4 Contact Hours, \$35, Sharon Sebring, RYT- 200

**ID: 43261** Sat, 10/17/15 2:00pm – 4:00pm RM: S2330

# mindfulness and stress

## The Art of Mindfulness

Mindfulness is an easy antidote to a fast paced life, not to mention the evidence that reveals that practicing mindfulness can produce real health benefits. Being mindful makes it easier to savor the pleasures in life as they occur. It will help you to become more fully engaged in life. Learn about eating, movement, gratitude practices and other activities as you begin to open and develop your own mindfulness practice for a healthier life. 7.2 Contact Hours, \$65, Mike Groth, MA

**ID: 43259** Wed, 9/23/15 – 10/28/15 7:45pm – 8:45pm RM: S2330

## **NEW** Peaceful Parenting

Using mindfulness, Buddhist techniques, and Nonviolent Communication, gain tools to create healthy family rituals for more peace and connection at home. 3.6 Contact Hours, \$49, Marc Anderson

**ID: 43782** Tue, 10/20/15 6:00pm – 9:00pm RM: P1842

## Self-Hypnosis

Learn and experience self hypnosis in class and receive instructions for practice at home to reduce stress, improve concentration, relieve insomnia, and reduce pain. 3.6 Contact Hours, \$49, Amye Scharlau

**ID: 45415** Mon, 10/26/15 6:00pm – 9:00pm RM: P1838



## Yoga Nidra:

### The Gift of Deep Restoration and Healing

Yoga Nidra is a non-movement, guided meditation that takes you into “yogic sleep”. It is a wonderful and effective way to reduce stress and find optimal health. It boosts the immune system, reduces or eliminates anxiety and depression, treats sleep issues, and prevents and reverses numerous ailments and diseases. One hour of Yoga Nidra is equivalent to 3 hours of sleep. 2.4 Contact Hours, \$49, Sharon Hills-Bonczyk, MPH, RYT-550

ID: 43769

Thur, 10/29/15

6:00pm – 8:00pm

RM: P1840

### **NEW** Yoga and Ayurveda: Balancing Your Chakra Energy Body

Chakras are energy centers in the subtle body where pranic energy is stored. The flow of this energy has physical, psychological and spiritual effects on the mind and body. Learn to assess which chakras are weak or out of balance, and address them with tools for lifelong optimal health. This 2-part class is appropriate for beginning to advanced students. 4.8 Contact Hours, \$98, Sharon Hills-Bonczyk, MPH, RYT-550

ID: 43770

Thur, 11/5/15 & 11/12/15

6:00pm – 8:00pm

RM: P1840

### **NEW** Posture and Pilates

Change your posture, change your life! Postural alignment makes everyday activities a joy, and allows us to do things we did not think possible. You will have an individual postural analysis of the spine and joints. Find out what muscular imbalances we might have and learn corrective exercise using Pilates principles. Learn how to move correctly from your powerhouse for greater health. 9 Contact Hours, \$129, Nicole DePalma, MS

ID: 43771

Tue, 9/22/15 – 10/6/15

6:00pm – 8:30pm

RM: A1560

## Exercise for Cancer Recovery™

Exercise is one of the best ways to regain strength, balance, mobility and overall well-being following cancer diagnosis and treatment. Research continues to show the benefit of supervised and appropriate exercises for improving your cancer recovery results. The Exercise for Cancer Recovery™ is a way to restore confidence and wellness in a recovering body.

The Exercise for Cancer Recovery™ program meets patients as they emerge from cancer treatment offering a safe, effective, and individualized exercise program they can manage on their own.

**Cathy Skinner, MA** was the first ACSM Cancer Exercise Trainer in Minnesota, and travels nationally as a Master Teacher.

**Tue, 11/17/15**

See page 27 for course details.





## Self Mastery Certificate

Self Mastery is necessary in the world today. When you master the self you master the world. Clarity and certainty are attainable once the powers of the mind, body, heart and spirit are harnessed. **10.8 Contact Hours and \$129 for series or 3.6 Contact Hours and \$49 per class. Hanakia Zedek**

### Class 1: Unleashing the Warrior in You

Most people never have the opportunity to be trained as a Warrior. Military combat training is not Warriorship and neither are most martial arts and fighting styles. Warriorship is a way of life, a constant choice, a sculpting of mind, body, heart and spirit. A path that guides people to leading a more fulfilled life, it can be fierce, defiantly on the edge, immensely rewarding, committed and powerful. Perception is not only the ability to see what is, it is also the ability to change it and shift self and reality. This training will help you to see inside, outside, and beyond the box.

**ID: 43604**      Tues. 12/1/15      6:00pm – 9:00pm      RM: P0844

# energy management

## **NEW** Energy Management Tools

Based on tools originally developed by Berkeley Psychic Institute, you will learn the fundamentals of energy management. This 3-part series begins with grounding and centering, and builds on that foundation into learning to activate the flow of energy, revealing your inner wisdom and releasing old patterns. **7.2 Contact Hours and \$129 for series or 2.4 Contact Hours and \$49 per class, Amy Laederach**

### Class 1: Grounding and Centering

Discover the processes of grounding and centering, creating a safe place and strong roots to the present.

**ID: 44501**      Mon, 11/2/15      6:00pm – 8:00pm      RM: P0840

### Class 2: Running your Energy

Once centered and grounded, learn to activate your energy flow to clear pathways to vitality and greater knowledge.

**ID: 44502**      Mon, 11/9/15      6:00pm – 8:00pm      RM: P0840

### Class 3: Finding your Neutrality

Energetic flow brings awareness to blockages that can be released through neutrality and clearing techniques. This allows new tools to replenish energetically, increasing vitality and joy.

**ID: 44503**      Mon, 11/16/15      6:00pm – 8:00pm      RM: P0840

## Class 2: Expanding Awareness and Sensitivities

Awareness is the deepest form of knowing, one of the intuitive gifts, and can provide us with a direct link to the universal silent knowledge that's rich and deeply filled with wisdom and understanding. Sensitivity is the depth of feeling, and development in this area allows you to truly see things from other perspectives more clearly. Learn how to enrich your relationships in all areas of your life.

ID: 43780

Tue, 12/8/15

6:00pm – 9:00pm

RM: P0844

## Class 3: Developing Your Natural Abilities

Cultivate your natural abilities; those that you are born with and those that are developed throughout your life. Focusing on your strengths allows you to ride through the ups and downs of life in a more fluid manner, thriving rather than just surviving. After completing this course, you will be able to navigate the world, people and experiences with greater clarity and feel more empowered.

ID: 43781

Tue, 12/15/15

6:00pm – 9:00pm

RM: P0844

**Hanakia Zedek** is a well known and respected Public Speaker, Shaman, Mystic, and Musician. He has 40+ years of hands on experience in the Metaphysical, Psycho~Spiritual, Magical, Esoteric, Healing and Martial Arts. Hanakia is the author of "TaoZen Verses."



## Fall Warm-Up

9 am – 1 pm

Saturday, September 12



Bring friends and family to this fun event!

## FREE COMMUNITY EVENT

Come and explore new opportunities and ways to enhance your well-being as you sample some of our most popular programs.

You will experience educational seminars, demonstrations, and activities.

- Ayurveda
- Yoga
- Applied Kinesiology
- Homeopathy
- EFT and more!



**Bring family and friends to this fun and free event**

ID: 43229

Normandale offers many programs and services designed to support greater health and well-being!

# creativity and personal development



## **NEW Self-Directed Life Coaching: Living from Your Core Values**

Are you ready to take the next big step in your life, but looking for support? In this 8-week online coaching series, you will discover how to navigate life using your core values. Achieve motivation through self-coaching tools, group activities, and weekly “homeplay” assignments. 12 Contact Hours, \$299, Cheryl Hiltibran, M.Ed

**ID: 45416** Online class – Tue, 9/22/15 – 11/10/15  
12:30pm – 1:45pm

## **Full Voice: Unleashing the Power of Your Voice**

The sound of your voice has a powerful impact on whether or not people hear what you are saying. Opening the full potential in your voice brings you alive in your whole self, makes you a more congruent communicator, and offers a clearer channel for you to bring your gifts into the world. Learn and apply the Five Elements-Earth, Air, Water, Metal and Fire voice to your everyday communication. 7.2 Contact Hours, \$145, Barbara McAfee

**ID: 43262** Sat, 10/24/15 10:00am – 4:00pm RM: F2231

“Fun, engaging, inspiring and satisfying.  
Barbara brings her whole heart and soul  
and fabulous voice to every moment.  
Unforgettable!”

## **NEW Fullistic® Living**

Have you always felt that there is more to you than meets the eye? Are you ready to discover how to live a fuller, freer, more magical life? Then you’ll enjoy this de-LIGHT-ful class where you’ll learn the principles of Fullistics, the art and science of consciously engaging multiple dimensions of energy that raise your vibrational state and make life more surprising and fun. 3.6 Contact Hours, \$49, Robin Silverman, MA, RYT-200

**ID: 43601** Thu, 10/1/15 6:00pm – 9:00pm RM: P1844

## **NEW Fullistic® Joy**

Are you ready for a breakthrough to find lasting delight? Join us for a day of Fullistic® Joy, and how to use energy in multiple dimensions to make anything more joyful. 7.8 Contact Hours, \$149, Robin Silverman, MA, RYT-200

**ID: 43792** Sat, 10/3/15 9:30am – 5:00pm RM: P1838

*The Fullistic® approach combines quantum physics,  
human energetics, consciousness, common sense  
and fun to transform your life.*



## Heart Based Prosperity Series **NEW**

Learn to master your money beliefs. Identify and remove the blocks that prevent you from tapping into prosperity and thriving in a holistic business. Learn how to achieve your dreams and manifest abundance in all areas of your life. **7.2 Contact Hours and \$97 for series or 3.6 Contact Hours and \$59 per class.** Deanna Fjelstad and Valerie Lis, MA

### Master your Money Beliefs

ID: 43783 Sat, 9/19/15 9:00am – 12:00pm RM: P1840

### Removing Limitations to Prosperity

ID: 43784 Sat, 9/19/15 1:00pm – 4:00pm RM: P1840

### **NEW** Hoopdancing – Get Fit and Have Fun

Learn the hottest fitness trend while having a blast! Hoopdancing is a powerful form of joyful movement that integrates core strengthening, flexibility, and creative expression. **7.2 Contact Hours, \$65, Theresa Rose**

ID: 42164 Mon, 9/21/15 – 10/26/15 6:00pm – 7:00pm RM: P0806

### **NEW** Climbing the Labyrinth Within

This directed labyrinth process provides a proven technology for accessing your inner teacher. The process is based on the conviction that every person has the most important answers about direction, purpose and calling within them. We will explore what we need to let go of as we truly seek what we really want. **4.2 Contact Hours, \$79, Gary Boelhower, Ph.D**

ID: 43803 Sat, 12/12/15 9:00am – 12:30pm RM: P1840

## Bridging Science and Spirituality for Your Evolution

Discover your true nature by exploring leading edge discoveries in science – from quantum physics to neuroscience - to bridge the gap between science and spirituality. This series will dive into the work of Dr Joe Dispenza (neuroscience), Dr Bruce Lipton (epigenetics), Dr. Candace Pert (science of emotions), The Institute of Heart Math (mastering stress), Dr. Gregg Braden (the vibrational nature of the universe), and more. **24 Contact Hours, \$349, Justine Ruszczuk**

10/22/15 – 10/24/15

Interested in knowing more about this program?  
Attend the first evening for \$49, Course ID: 45431



## Your Personal Numerology Chart

This 3-part series will guide you through the process of your personal numerology chart. Beginning with the foundations of numerology you will discover the essential qualities of numbers. Then you will be guided through how your birthdate and name influence you, and how to match your key numbers with calendar time and other cycles. Your chart will validate your talents and challenges in your soul's journey. **9 Contact Hours and \$129 for series or 3 Contact Hours and \$49 per class, Susan Shopek**

### Class 1: Your Life Path Theme

Are you seeking a deeper understanding of your life path and goals? This class will uncover your Life Path number and describes the nature of your journey through life and career, and is one of the core numbers in your Numerology Profile.

**ID: 43805**      Thur, 11/5/15      6:00pm – 8:30pm      RM: P1840

## feng shui

**Feng Shui** is an ancient art and science developed over 3,000 years ago in China. It is an interesting body of knowledge that reveals how to balance the energies of any given space to assure health and good fortune for people inhabiting it. The term feng shui literally translates as "wind-water" in English and in Chinese culture, wind and water are associated with good health.

The main tools used in a feng shui analysis are the Compass and the Bagua. The feng shui energy map, or bagua, helps you connect specific feng shui areas of your home or space to specific areas of your life.

*Normandale's Feng Shui courses are designed to introduce you to Feng Shui concepts that you can immediately apply to your life.*

## Personal Feng Shui Certificate

**NEW**

Get your home in Feng Shui order with this 6-part series. You will be led through all 9 areas of the bagua, to address each element of your life, maximizing benefits and minimizing challenges. Health, career, fame, knowledge, relationship, wealth, helpful people, family, creativity and children are all covered in this foundational certificate program. *This program was designed for individuals interested in learning and applying basic Feng Shui principles. It does not certify an individual as a Feng Shui consultant.* **14.4 Contact Hours, \$349, Lisa Janusz, MBA, WWCT**

**ID: 45410**      Tue, 10/13/15 – 11/17/15      6:00pm – 8:00pm      RM: P0844

“ *This class validated my thoughts  
and understanding of numbers.* ”

### **Class 2: Exploring Your Heart's Desire Through Numerology**

Your Heart's Desire number is not always obvious to self or others. It indicates the nature of the vibration in your energy field that seeks to express more fully in your life and the outside world.

**ID: 43806**

Thur, 11/19/15

6:00pm – 8:30pm

RM: P1840

### **Class 3: Your Life Cycles**

Discover the nature of the opportunities, challenges, and themes you will encounter during your personal cycles and phases. This interactive class will help you identify the timing in your chart and give you knowledge to help achieve your goals.

**ID: 43807**

Thur, 12/3/15

6:00pm – 8:30pm

RM: P1840

## **Be Healthy at Work**

Are you searching for quick and easy ways to be healthier at work? Or do you need fresh, engaging health options for your employees that don't start with the words "cholesterol, blood pressure or weight-loss?"

We offer unique health and healing classes that can be delivered as presentations, workshops, brown-bag sessions or even virtually.

- The Art of Mindfulness
- Stress Reduction
- Reiki Energy Therapy
- Holistic Nutrition
- Energetic Boundaries
- Spring Forest Qigong
- Tai Chi for Health  
and many more.



Want to learn more?  
Contact Amanda at:  
[amanda.gustafson@normandale.edu](mailto:amanda.gustafson@normandale.edu)



## **NEW Integrative Healing Therapies in Healthcare Setting**

This course will review integrative healing therapies currently being offered in health care settings across the continuum of care including hospitals, home care, transitional care settings, assisted living, skilled nursing facilities and memory care settings. Healing therapies will be discussed with experiential learning offered including: aromatherapy, acupuncture, breath work, guided imagery and energy therapies. 2.4 Contact Hours, \$49, Sandra McGurran, MSW, LGSW

**ID: 43225** Tue, 10/13/15 6:30pm – 8:30pm RM: P1844

## **NEW Self-Care for the Professional Caregiver**

Nurturing yourself is essential to managing your own well-being. It is important to learn and implement self-care strategies to avoid compassion fatigue and burnout as professional caregivers and to strive for health and ongoing resiliency. Experience a variety of integrative healing modalities and create a wellness plan for ongoing self-care. 2.4 Contact Hours, \$49, Sandra McGurran, MSW, LGSW

**ID: 43800** Tue, 10/27/15 6:30pm – 8:30pm RM: P1844

## healing arts business practices

### **Turning Your Healing Skills into a Business**

Whether you want to make your passion your career, or are just curious about what it takes to have a personal practice, this series will help you decide your first steps. 7.2 Contact Hours and \$129 for the series or 2.4 Contact Hours and \$49 per class

#### **Class 1: Preparing a Holistic Health Business Plan**

Bringing your healing and spiritual gifts to the world requires more than being excellent at your art. In this class, you will explore how to receive value in return for your time and skills. Based on your personal strengths and weaknesses, you will be able to decide if starting a practice is right for you, and where to find the expert help you may need to succeed. \$49, Sonja Brown

**ID: 43226** Wed, 10/14/15 6:00pm – 8:00pm RM: P1844

#### **Class 2: Alternative Health Practice Laws and Business Models**

This course will cover the business models from free agent, contract, solo, partnership, LLC and franchise. Learn how to create safety for yourself and your clients with the Minnesota law regulating Alternative Health practice, and insurance options. Deanna Reiter, MA

**ID: 43227** Wed, 10/21/15 6:00pm – 8:00pm RM: P1844

#### **Class 3: Beginning a Holistic Marketing Plan**

You know there are people out there who need what you offer – how will they find you? By becoming clear on your unique services, you will be able to tell a story that attracts your ideal clients. Sonja Brown

**ID: 43228** Wed, 10/28/15 6:00pm – 8:00pm RM: P1844



**NEW Introduction to Exercise for Cancer Recovery™**

Designed for cancer survivors, caregivers, and fitness and health professionals, this program provides a safe, effective and individualized exercise program for cancer survivors. This workshop provides a cycle of exercise to build strength, balance, and flexibility, which can be adapted to variations in participants' health. ECR program participants describe it as a way to restore confidence and achieve wellness in a recovering body. 2.4 Contact Hours, \$49, Cathy Skinner, MA, ACSM-CET, NAST-CPT

ID: 43766

Tue, 11/17/15

6:00pm – 8:00pm

RM: P1844

**NEW Integrative Care for Vascular Disease**

Peripheral Artery Disease (PAD) is a common, yet serious disease that raises the risk for heart attack and stroke. Learn to reduce your risk factors, and support preventing and controlling disease progression by implementing knowledge of qigong, essential oils, music and massage. 3 Contact Hours, \$49, Nancy Crowell, RN, CVN

ID: 43799

Tue, 11/10/15

6:00pm – 8:30pm

RM: P1844

**NEW Aromatherapy in Healthcare – See page 3**

Are your meetings like this?  
**WHY NOT?**

**Compression  
Planning®**

is a visual, interactive  
planning tool that moves  
**TEAMS** and **IDEAS** to  
**ACTION** faster!



**FREE INFO SESSIONS:**

**Tue, September 15**  
6:00pm – 7:00pm • RM: P1844  
Class ID: 45459

**Tue, September 29**  
6:00pm – 7:00pm • RM: P1844  
Class ID: 45460

*See website for additional info session dates.*

**MN Compression  
Planning Institute**

October 7 - 9, 2015  
Normandale  
Community College

# tai chi certificate programs



## Tai Chi Teacher Certification

The Tai Chi Certified Teacher Training Programs are designed for certified exercise instructors, tai chi practitioners, and healthcare professionals to develop or enhance wellness programs. Designed by Dr. Paul Lam, Tai Chi for Arthritis is endorsed by Arthritis Foundations worldwide. The form is designed to increase movement, while protecting damaged joints.



## Tai Chi for Arthritis Teacher Preparation Workshop

This optional class is designed to prepare students to study for the Tai Chi for Arthritis Teacher Certification course. 1.2 Contact Hours, \$15, Linda Ebeling and Keith Root

**ID: 44514**      Sat, 10/10/15      2:00pm – 3:00pm      RM: A1560

## Tai Chi for Arthritis – Teacher Certification 1

This twelve movement Sun Style tai chi form increases heart/lung activity, aligns posture, improves balance and integrates mind and body. No previous tai chi experience is required.

*Note: An instructional DVD will be sent prior to the workshop. 16.8 Contact Hours, \$275, Linda Ebeling and Keith Root*

**ID: 44511**      Sat, 11/14/15      9:00am – 5:00pm      RM: S2330  
& Sun, 11/15/15      9:00am – 4:00pm      RM: S2330

# TAI CHI OPEN HOUSE

Join us for a free introduction and practice of Tai Chi for Health.

Come to one of our Open Houses and experience Tai Chi, meet instructors and learn about the many styles of Tai Chi.



**ID: 43263**      Sat, 9/12/15      12:30pm – 1:30pm      RM: S2330  
**ID: 43264**      Sat, 10/24/15      12:30pm – 1:30pm      RM: S2330

See website to register or call 952-358-8343.

# Tai Chi Classes

Tai Chi is a qigong system of cultivating energy by balancing the chi energy in the body. Often called “Taijichuan”, it means “ultimate balance or polarity system” and includes physical, mental, psychological, and spiritual balance.

Beginning	<b>Tai Chi for Arthritis and Balance</b>			
	ID: 45408	Mon, 9/14/15 – 10/19/15	7pm – 8pm	Root \$65
	ID: 45409	Mon, 10/26/15 – 11/30/15	7pm – 8pm	Root \$65
	ID: 45406	Sat, 9/19/15 – 10/24/15	11:00am – 12:00pm	Gonzales \$65
	ID: 45407	Sat, 10/31/15 – 12/19/15	11:00am – 12:00pm	Gonzales \$65
	<b>Tai Chi for Diabetes</b>			
	ID: 43790	Sat, 9/19/15 – 10/24/15	11:00am - 12:00pm	Root \$65
	ID: 43791	Sat, 10/31/15 – 12/19/15	11:00am - 12:00pm	Root \$65
	<b>Shibashi Qigong</b>			
	ID: 44517	Tue, 11/10/15 – 12/15/15	6:30pm – 7:30pm	Ebeling \$65
	<b>Intro to Yang Style Tai Chi</b>			
	ID: 43265	Thu, 9/17/15 – 10/22/15	7pm – 8pm	Root \$65
	ID: 43266	Thu, 10/29/15 – 12/10/15	7pm – 8pm	Root \$65
	<b>Longevity Qigong</b>			
	ID: 43267	Tue, 9/22/15 – 10/27/15	6:30pm – 7:30pm	Ebeling \$65
<b>Yi Chuan Tai Chi</b>				
ID: 44505	Thu, 9/17/15 – 10/22/15	7:00pm – 8:00pm	Root \$65	
ID: 44506	Thu, 10/29/15 – 12/10/15	8:00pm – 9:00pm	Root \$65	
Intermediate/Advanced Tai Chi	<b>Tai Chi for Energy</b>			
	ID: 43787	Sat, 9/19/15 – 12/19/15	10:00am – 11:00am	Gonzales \$120
	<b>Tai Chi Pushing/Sensing Hands</b>			
	ID: 43788	Sat, 9/19/15 – 12/19/15	8:00am – 9:00am	Root \$120
	<b>Intro to Tai Chi Fan</b>			
	ID: 44508	Tue, 9/22/15 – 12/15/15	7:30pm – 8:30pm	Ebeling \$120
	<b>Sun Style 97 Form</b>			
	ID: 43786	Sat, 9/19/15 – 12/19/15	9:00am – 10:00am	Gonzales \$120
	<b>Yang Style Short Form</b>			
	ID: 44509	Mon, 9/14/15 – 11/30/15	8:00pm – 9:00pm	Root \$120
ID: 44510	Sat, 9/19/15 – 12/19/15	10:00am – 11:00am	Root \$120	
<b>Yang Style Long Form</b>				
ID: 44515	Sat, 9/19/15 – 12/19/15	9:00am - 10:00am	Root \$120	

\* check website for specific dates and rooms



Normandale is committed to offering the best in health education. Our courses are designed for health and medical professionals as well as for individuals who work in administrative, IT, quality and management roles in healthcare organizations.

## Refresher Course in Nursing

This course is designed for registered nurses (RN) who need a review and update of nursing skills to return to active status. Prearranged supervised clinical experience is included. Basic knowledge of computers is required. There will be ten class lectures plus 80 hours clinical experience. Course fee includes supply kit and background check fee. *See website for health status, security and textbook requirements.* 170 Contact Hours, \$1,360, Leanne Meier, RN, BSN

**ID: 41449**

Sat, 9/12/15 – 11/14/15

8:00am – 1:00pm

RM: S2333

**Certificate programs available for**  
Dementia Care, Gerontology, End of Life.  
See website for details

## Medical Terminology: A Word Association Approach

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes. 24 Contact Hours, \$99, Doug Best

## Human Anatomy and Physiology

This six-week online course begins with a review of the principles of chemistry, cell anatomy and physiology. You'll also learn principles of genetics and gain an understanding of how traits are passed from one generation to the next. After we've established this foundation, we'll survey the anatomy and physiology of each of our 11 organ systems. 24 Contact Hours, \$99, Holly Trimble, MA

## HIPAA Compliance

In this course, we'll demystify the compliance process. We'll focus specifically on the Administrative Simplification portion of HIPAA, starting by defining the lingo of HIPAA, ARRA/HITECH, ASCA, ACA, and the OMNIBUS rules. By the time you finish this course, you'll be confident and capable of implementing HIPAA's Administrative Simplification rules, and the laws impacting it, in your own organization. 24 Contact Hours, \$99, Lynn Gibson



“ *Fabulous class!  
Best CPR class I've ever had.* ”

**BLS for Healthcare Providers –  
American Heart Association**

The Basic Life Support (BLS) for Healthcare Providers Classroom Course is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. 9.6 Contact Hours, \$99, Jeannine Mogan, EMT, EMR

**ID: 43795**                      Sat, 10/31/15                      8:00am – 4:00pm                      RM: A1570

**Want a CPR or First Aid class at your work?**

Off-site AHA Heartsaver® classes available for groups of 8 or more.

**BLS for Healthcare Providers – Renewal**

This 4-hour course is a review of the skills and knowledge covered in the American Heart Association’s (AHA) Basic Life Support (BLS) for Healthcare Providers Classroom Course. It is designed to provide a wide variety of healthcare professionals the ability to recognize several life-threatening emergencies, provide CPR, use an AED, and relieve choking in a safe, timely and effective manner. Wear comfortable clothing for active participation. Who Should Attend: Dental Assistants, Dental Hygienists, Daycare Providers, Security Personnel, Nursing Home Workers, and other Healthcare Providers. 4.8 Contact Hours, \$56, Jeannine Mogan, EMT, EMR

<b>ID: 43796</b>	Tue, 10/6/15	5:30pm – 9:30pm	RM: A1570
<b>ID: 43797</b>	Tue, 11/17/15	5:30pm – 9:30pm	RM: A1570
<b>ID: 43798</b>	Wed, 12/2/15	5:30pm – 9:30pm	RM: A1570

**Emergency Medical Responder (EMR) Refresher**

This 16-hour course enables the currently certified or recently expired First Responder or EMR (Emergency Medical Responder) to renew certification. Upon successful completion of the course, the participant will be re-certified as a First Responder or EMR by the State of MN EMS Regulatory Board. National Registration of the First Responders or EMR is available to participants. 19.2 Contact Hours, \$145, Jeannine Mogan, EMT, EMR

**ID: 42163**                      Sat & Sun, 10/10/15 & 10/11/15                      8:00am – 4:30pm                      RM: A1570

Further offerings for EMR, EMT and Paramedic Refreshers offered  
in partnership with Inver Hills Community College and Dakota Community College.  
See website for details.

**Minnesota Board of Nursing Continuing Education Requirements**

The Minnesota Board of Nursing is the source of specific information regarding individual registration requirements. All programs are designed to meet Minnesota Board of Nursing requirements for registered nurses and licensed practical nurses. It is up to the individual licensee to decide if the content enhances his or her ability to practice nursing.

# medical career programs



## Professional Medical Coding & Billing

WIA Approved



Medical Coding and Billing Training Program is a comprehensive independent study online program designed by industry experts for individuals who would like to work in the healthcare coding and billing industry. Mastering medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement are just a few of the subjects covered. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. 678 Contact Hours, \$2,995

**ID: 43812** Online class – start anytime

## Medical Billing

WIA Approved

Developed by industry experts, this program includes real-world practical experience and is designed to help you gain the knowledge and skills needed to follow insurance claims all the way through to payment. You'll be prepared to work with industry-specific forms such as the CMS-1500 and UB-40. This program includes access to student support, technical support, and graduate support teams throughout the training. 174 Contact Hours, \$1,995

**ID: 43816** Online class - start anytime

## Pharmacy Technician

WIA Approved

The Pharmacy Technician program prepares students to earn their national certification by passing the Pharmacy Technician Certification Board (PTCB) Exam. Topics studied include pharmacology, pharmaceutical calculations, and pharmacy law, regulations, and standards, among others. During the training, students will participate in an on-site externship at a local Walgreens or CVS Pharmacy. In addition to one-on-one instructor support and personalized graduate support, students receive six textbooks and a drug reference handbook. 342 Contact Hours, \$1,995

**ID: 43815** Online class – start anytime

<p><b>Medical Career Information Session</b></p> <p>ID: 43200 • Wed, 10/7/15 • 6:00pm - 8:00pm RM P0808B</p> <p>To register, visit <a href="http://normandale.edu/CE">normandale.edu/CE</a> or call (952) 358-8343</p>	<p><b>FREE</b></p>
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There will also be an information session from 1:30pm - 3:30pm on October 7 at the Minnesota Workforce Center. Register at [www.mn.gov/deed/hsworkshops](http://www.mn.gov/deed/hsworkshops) or call 952-703-7730

## Medical Transcription Editor

**WIA Approved**

Approved by the Association for Healthcare Documentation Integrity (AHDI), the Medical Transcription Editor program prepares students for medical transcription and editing careers. Topics studied include documentation, biomedical sciences, and editing theory, among others. The program emphasizes practical experience. Enrollment includes ten textbooks, a transcription foot pedal, an AHDI membership, and online reference library access. 768 Contact Hours, \$2,995

**ID: 43813** Online class - start anytime

## **NEW** Medical Administrative Assistant with EHR

**WIA Approved**

This program prepares students to earn the Certified Medical Administrative Assistant (CMAA) and Certified Electronic Health Records Specialist (CEHRS) credentials. Topics studied include ezEMRx EHR software, Microsoft Office, healthcare documentation, and office procedures. Enrollment includes e-books and exam vouchers for the two national certifications. 285 Contact Hours, \$2,595

**ID: 43794** Online class - start anytime

## **NEW** ICD-10 for ICD-9 Coders

**WIA Approved**

This course is designed to help ICD-9 coders gain the additional skills they need to code in ICD-10. It will cover both the ICD-10 code set, and the biomedical science knowledge to use it effectively. The course assumes that you already have the basic skills of a medical coder, including familiarity with how the industry works, medical terminology, pharmacology, and basic anatomy and pathophysiology. This course is not designed for those who have never completed medical coding training. 169.2 Contact Hours, \$695

**ID: 45473** Online class - start anytime

## Free Laptop, iPad, or Kindle Fire

- > Professional Medical Coding & Billing
- > Medical Transcription Editor
- > Pharmacy Technician
- > Medical Administrative Assistant with EHR

**OR**

## Free Kindle Fire

- > Medical Billing

Students who pay in full up front for the following programs are eligible for a promotional item or discount before **OCTOBER 31, 2015**. Payment plans available, call 952-358-8343 for details.



Health IT professionals are the go-to people who ensure technology is used in a way that improves patient care, quality, safety and cost-effectiveness. Normandale's MNHIT program offers high-demand, technical and leadership skills needed in this growing field.

Three ways to take advantage of MNHIT training:

1. Enroll in individual classes to meet your needs
2. Complete one or more of our mini certificates
3. Earn your professional certification in Health IT

**All classes are WIA Approved**

## **MNHIT Basic Certificate**

**WIA Approved**

Earn the Basic Certificate for \$725 (a savings of \$55)

### **Overview of Health Information Technology (OHIT)**

Gain a clear understanding of healthcare and public health systems in the US and the history and integration of Health IT into the culture of healthcare. 8.75 CEU, \$195

### **Language of Health Information Technology (LHIT)**

Language and culture go hand-in-hand. Become fluent in the terminology, professionalism and customer service needed to navigate the world of healthcare, IT and Health IT.

8.75 CEU, \$195

### **Health Management Information Systems (HMIS)**

Develop a strong foundation in information and computer science, and learn about the systems used to manage and support healthcare. 8.75 CEU, \$195

### **HIT Workflow Analysis & Change Management (WKFL)**

Understand workflow process analysis and redesign in healthcare and how change management can be used to enhance user-centered design and evaluation, usability and effects on downstream processes. 8.75 CEU, \$195

## **MNHIT Professional Certification**

**WIA Approved**

Complete all three of the mini certificates (or all 10 classes) and be well-prepared to sit for national certification exams such as CAHIMS, CHTS, CPEHR or CPHIT.

More information about these certifications can be found on our website

[www.MNHealthIT.com](http://www.MNHealthIT.com)





More details at  
[www.MNHealthIT.com](http://www.MNHealthIT.com)

## MNHIT Intermediate Certificate

WIA Approved

Earn the Intermediate Certificate for \$785 (a savings of \$55)

### Leadership & Teams in Health IT (LDTM)

Understand leadership roles, principles of leadership and effective management of teams. There is an emphasis on the leadership modes and styles best suited for IT deployment and changes. 8.75 CEU, \$195

### Networking & Health Information Exchange (NHIE)

Health Information Exchange (HIE) organizations, networks and initiatives at the local, regional and state levels are critical for meaningful use of health IT. 8.75 CEU, \$195

### Health IT Regulations I (REGI)

Gain an understanding of HIT regulations as you learn about quality improvement, public health IT, and privacy, security and Omnibus rules. 8.75 CEU, \$195

### Electronic Health Records Bootcamp - Virtual Lab (EBOT)

Learn key concepts working with electronic health records (EHR) systems with hands-on experience to accelerate your learning. Develop an understanding of various EHR software vendors and learn concepts which can be applied to any system. *\*Recommended prereq: WKFL.* 8.75 CEU, \$255

## MNHIT Advanced Certificate

WIA Approved

Earn the Advanced Certificate for \$475 (a savings of \$35)

### Health IT Project Management (HIPM)

Understand the project management tools and techniques necessary to create and follow a HIT project management plan. *\*Recommended prereq: WKFL.* 8.75 CEU, \$255

### Electronic Health Records Blackbelt - Virtual Lab (EBLK)

Learn about installation and maintenance of health IT systems. Understand the essentials to selecting and configuring EHRs and working with software vendors. *\*Prerequisite: EBOT.* 8.75 CEU, \$255

#### Learning Delivery:

Classes are offered online, self-paced, and instructor facilitated.

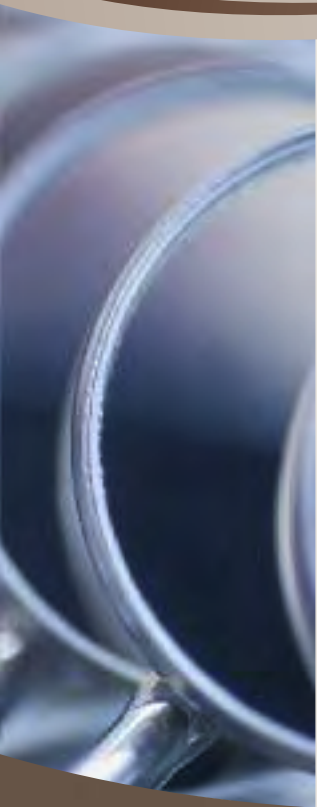
#### Class Schedule:

Classes are five weeks long and start every six weeks:  
9/23/15, 11/4/15,  
12/16/15, 1/27/16

“Since going through the MNHIT program, my work assignments have been more enterprise-level and incorporate both IT and operational areas. The knowledge I gained in the program played a big role in that step.”

—Alicia Nesvacil,  
Sr. Consulting Analyst, HealthPartners





## **NEW Effective Teaming in Dentistry**

Performing and transforming as a dental team requires assessment and reflection. Attend alone or participate as a team to discuss the secrets to enhancing your dental team's dynamics. During this 3 hour interactive session, participants will discuss methods to enhance team communication and explore strategies that promote trust, respect, and team synergy. 3 Contact Hours, \$59, Deb Sidd, RDH, M.Ed

**ID: 43801**      Fri 10/23/15      9:00am – 12:00pm      RM: P1844

## **NEW Practical Pharmacology for the Dental Professional**

Learn to effectively sort through your patients' medical /dental history and pharmacological report with a "critical eye" and efficiently discern pertinent treatment modifications to ensure safe and optimal patient care. This interactive, case-bases session, will address how to create a comprehensive pharmacological report, address patient compliance, and quickly access information on the effects of common prescriptions, herbal supplements and over-the-counter medications. 3 Contact Hours, \$59, Deb Sidd, RDH, M.Ed

**ID: 43801**      Fri 10/23/15      9:00am – 12:00pm      RM: P1844



## **FREE Training in Health IT**



The ACT Health IT Training program (Accelerating Care Transformation through Health IT) will provide healthcare givers an opportunity to enhanced their technology, process and workflow skills in care settings. The program will focus on data and informatics as it relates to health information technologies and the advancement of care coordination, population health, value-based care and new care delivery and payment models. All training will be offered at no-charge and is funded by the U.S. Department of Health and Human Services through the Office of the National Coordinator for Health IT. Training will begin in 2016. If you are interested in applying, or helping develop curriculum, please visit [www.mnhealthit.com](http://www.mnhealthit.com) and click on the ACT Health IT link or call 952-358-8343.

## Nitrous Oxide Inhalation Analgesia

This continuing education course focuses on preparing a dentist, dental hygienist and/or dental assistant for the safe, effective administration of nitrous oxide inhalation sedation for clinical practice. 12 Contact Hours, \$495, Mary Benson, DDS, Mary Beth Kensek, RDH, RF, BS

ID: 43224

Fri, 9/25/15 &

8:00am – 5:00pm

Sat, 9/26/15

8:00am – 12:00pm

RM: Dental Lab

**Self-Care for the Professional Care Giver** - see page 26



## How to Register

Registration is simple for Normandale Community College's continuing education classes. Either call us at 952-358-8343, or register online at [www.normandale.edu/ce/classes](http://www.normandale.edu/ce/classes).

## explore languages

### American Sign Language

Learn skills for conversing in American Sign Language from basic to advanced level in a fun and non-threatening learning experience. You will also learn to apply correct facial grammar and gain an appreciation and deeper understanding of Deaf culture. These classes emphasize a non-spoken classroom to help you achieve a mastery and confidence in your skills. 1.2 CEU, \$99/each class, Jamey Guille, MA

#### Level 1:

ID: 44512

Wed, 9/30/15 - 11/4/15

6:00pm – 8:00pm

RM: P0838

#### Level 2:

ID: 44513

Wed, 11/11/15 – 12/16/15

6:00pm – 8:00pm

RM: P1844

### Spanish for Medical Professionals

Designed specifically for healthcare professionals, you will practice the basic, practical language skills needed to communicate with your Spanish-speaking patients and their families. Gain an understanding of the culture, and know how to ask the questions that are vital to quality healthcare. Develop confidence to more effectively communicate with your Spanish-speaking patients. 1.6 CEU, \$145, Cristina Sempé

Level 1: ID: 41317

Online class – 10/5/15 – 10/30/15

Level 2: ID: 41321

Online class – 11/2/15 – 11/27/15



## *Fall Warm-up for Body, Mind & Spirit*

### **Free Event**

Workshops and sampler sessions include yoga, homeopathy, naturopathic medicine, healing touch, applied kinesiology, and ayurveda.

**Saturday, 9/12/15  
10:00am – 1:00pm**  
see page 21 for details



**NORMANDALE**  
COMMUNITY COLLEGE

9700 France Avenue South  
Bloomington, MN 55431-4399

## **Energy Medicine Certificate**

Study the Subtle Body with Cyndi Dale

See pages 14 & 15 for details.