



New Fairfield Continuing Education FALL 2008



HEALTH

CPR #H04

These 3-hour classes are for those who want to learn CardioPulmonary Resuscitation and those who need to be recertified. Learn or review how to recognize and care for breathing and cardiac emergencies in adults or infants & children. Students will practice CPR techniques, take a written examination and, upon successful completion, receive certification from the American Red Cross. Take one or both classes. There is a book & material charge payable to the instructor for The Red Cross. The same book can be used for both CPR classes as well as the First Aid course (below).

Instructor: John DeBenedetto

Fee: \$30 for each 3-hour session

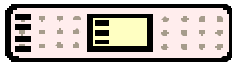
Materials: \$30 payable to instructor

Wednesdays 6:30-9:30pm

Adult CPR: 10/15

Infant/Child CPR: 10/22

First Aid



Basics #H05

This 3-hour course in First Aid covers bleeding, emergencies, burns, shock, soft tissue and musculoskeletal injuries, sudden illness, plus heat and cold emergencies. Students will practice bandaging and splinting techniques, then take a written examination and, upon successful completion, receive certification from the American Red Cross. There is a book & material charge payable to the instructor for the Red Cross. The same book can be used for both CPR classes too.

Instructor: John DeBenedetto

Fee: \$30 for a 3-hour session

Materials: \$30 payable to instructor

1 Wednesday 6:30-9:30pm 10/29

The 100 Year Lifestyle #H15

This one-night seminar is taught by a Pediatric Chiropractic Physician, Board Certified in Pediatrics and in Nutrition with an additional Masters in M.S. in Human Nutrition. The class is based on the wellness and lifestyle principles in the best selling book of the same name.

In this course you will learn:

1. how to improve your health and wellness dramatically
2. how to feel younger every day
3. how to make changes that will improve your quality of life
4. how to get your ESS in shape (Endurance, Strength, and Structure)
5. and how to live a healthy, balanced, and fulfilling life!

If you plan on living a long life (dying young at a very old age), this course is not to be missed!

Instructor: Dr. Brian Applebee, D.C., M.S., D.I.C.C.P., D.A.C.B.N., C.C.E.P.

Fee: \$25 includes a copy of the best selling book "The 100 Year Lifestyle"

1 Tuesday 6:30-7:45pm

Five Secrets #H16 to Permanent Weight Loss

This course is taught by a Board Certified Clinical Nutritionist and Family Chiropractor. In this class you will learn why calorie counting doesn't lead to permanent weight loss. Find out how specific healthier eating, *not dieting*, leads to more energy and balanced hormones.

Learn how specific exercise leads to a stronger body, improved overall health as well as weight loss. And hear much more about his 5 secrets.

Instructor: Dr. Brian Applebee, D.C., M.S., D.I.C.C.P., D.A.C.B.N., C.C.E.P.

Fee: \$20

1 Tuesday 6:30-7:45pm

SPORTS & LEISURE

Golf Can be Fun #L10

Learn the golf swing and nature of the game in a safe small group setting. We plan to cover all aspects of the game including; putting, short game, irons, woods, and playing the game plus working on the full swing. We will utilize training aids including video swing analysis as well as take-home literature. We will also cover the rules of the game plus etiquette. This class is going to be very informative as well as lots of fun.

Instructor: John Hiteshew, PGA

Fee: \$80 **4 Sessions 7:00-9:00 pm**
9/29, 10/6, 10/20, 10/27



DANCE

Salsa

This spicy partner dance has been around since the sixties but increases in popularity thanks to hot Latin music, hip action and lots of turns.

Whether you go to nightclubs or are preparing for a vacation, the versatility of this dance will give you a great workout plus basics you can use on the dance floor. The instructor received her Certification as a Ballroom Instructor in 1978 in San Francisco where Latin dancing was, and still is, the most popular social dance scene. She believes that social dance can be an accessible pastime for a lifetime of enjoyment for weddings, cruises, dance clubs, proms, and bar mitzvahs. Why sit out? Why not dance!

Instructor: Holly Gundolfi

Fee: \$20 **1 Session 7:00-9:00pm**

Tuesday 10/21 OR Thursday 11/13

Register Soon