

integrative & holistic
continuing health
education



normandale

fall 2017

certificates • workshops • online



2

Holistic Nutrition



4

Ayurveda



12

Energy Medicine



18

Tai Chi



22

Medical

Fall Into Wellness

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

Experience topics such as:

- Healing Touch
- Numerology
- Ayurveda
- Spring Forest Qigong
- Emotional Freedom Techniques
- Energy Medicine and more!

Bring family and friends to this fun and free event

FREE

Saturday, September 30 • 10:00am – 1:00pm • Partnership Center

ID: 54717 (Register online at www.normandale.edu/ce/classes)

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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.



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 full course descriptions. **3 Contact Hours and \$49 per class or 24 Contact Hours and \$355 for the entire certificate, Matthew Alfs, M.H., AHG.**

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.

Part 1: ID: 54817 Mon, 9/18/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 54818 Mon, 9/25/17 6:30pm – 9:00pm RM: P1844

Stress Management

Stress itself isn't the enemy. It is our perception of stress that fuels our anxiety. Events happen every day. How we interpret those events can set the stage for how we feel and react to others. Reducing stress is as easy as understanding what stress is to you, and using that knowledge to restructure your thoughts. Gain specific techniques to turn stress into a stepping stone, not a stumbling block! 16 Contact Hours, \$145, Meredith Brown, MA

ID: 54350

Online – 11/6/17 - 12/1/17

Introduction to Natural Health and Healing

Learn to evaluate your current lifestyle and observe how your behaviors can affect your health. The basic requirements that constitute a healthy diet such as vitamins, minerals, antioxidants, etc. will be discussed. Gain a knowledge of using the power of the mind for healing the body, herbal healing, aromatherapy, therapeutic touch, natural remedies for common emergencies, and much more. 24 Contact Hours, \$109, Theresa Snyder, MS

Online – start every month (9/13, 10/18, 11/8, 12/13)

Certificate in Brain Health

Gain insights into the amazing brain and explore how to support health and happiness through lifestyle choices that impact this remarkable organ. This course is ideal for healthcare professionals and nurses or anyone who wants to better understand how supporting brain health can foster health, happiness, and wellbeing. 10 Contact Hours, \$109, Cyndi Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (9/13, 10/18, 11/8, 12/13)

Class 2: Macronutrients

This class will explore the four major macronutrients—water, protein, lipids (fats), and carbohydrates.

Part 1: ID: 54819 Mon, 10/2/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 54820 Mon, 10/9/17 6:30pm – 9:00pm RM: P1844

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.

ID: 54809 Mon, 10/16/17 6:30pm – 9:00pm RM: P1844

ID: 54811 Mon, 10/23/17 6:30pm – 9:00pm RM: P1844

Class 5: Minerals

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

ID: 54813 Mon, 10/30/17 6:30pm – 9:00pm RM: P1844

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: 54814 Mon, 11/6/2017 6:30pm – 9:00pm RM: P1844



Business Bootcamp for Holistic Practitioners

Are you a holistic practitioner ready to start your own business or maybe just considering what it would be like to have your own business?

Join us for this business bootcamp to discover the big picture to becoming an entrepreneur as well as to work out the fine details of owning a business. This course will cover a step-by-step process on starting a business, including business types, laws, taxes, insurance, marketing, financing and business strategies. Taking the right steps now will let you concentrate on the fun part - helping improve your clients' health and wellness. 3.6 Contact Hours, \$89, Deanna Reiter, MA

Wed, 10/25/17 • 6:00pm – 9:00pm

ID: 54836 • RM: P1810



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 for the certificate or 3 Contact Hours and \$49 per class.**

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: 54694 Tue, 10/3/17 6:00pm – 8:30pm RM: P1840

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

NEW Spice up Your Life with the Ancient Science of Ayurveda

You will explore about 10 commonly used spices, and their healing effects. Learn the amazing facts about these enticing spices and take home effective spice blends that you can use in various recipes. 3 Contact Hours, \$59

ID: 54700 Tue, 11/14/17 6:00pm – 8:30pm RM: P1840

NEW Ayurveda: Healthy Recipes

When diet is wrong, medicine is of no use. When diet is correct, medicine is of no need. Explore various heart-healthy recipes to combine foods with optimum amounts of nutrition. 3 Contact Hours, \$59

ID: 54701 Tue, 11/28/17 6:00pm – 8:30pm RM: P1840

NEW Ayurveda: Yoga for Your Dosha

Yoga, Meditation and Ayurveda are the triad of healthy living. When one integrates the techniques of yoga and meditation with principles of Ayurveda, you can experience immense benefits to your health. Explore the concept of dosha, and learn about how to adjust your asana, pranayama and meditation practice to balance each dosha. 3 Contact Hours, \$59

ID: 54702 Tue, 12/5/17 6:00pm – 8:30pm RM: P1840

These classes do not require you to attend the Introduction to Ayurveda.

Class 2: Diet and Nutrition

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

ID: 54695 Tue, 10/10/17 6:00pm – 8:30pm RM: P1840

Class 3: Constitution and Wellness

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

ID: 54696 Tue, 10/17/17 6:00pm – 8:30pm RM: P1840

Class 4: Daily Routine and Harmony with Nature

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

ID: 54697 Tue, 10/24/17 6:00pm – 8:30pm RM: P1840

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: 54698 Tue, 10/31/17 6:00pm – 8:30pm RM: P1840

Class 6: Herbs and Food for Healthy Living

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

ID: 54699 Tue, 11/7/17 6:00pm – 8:30pm RM: P1840

“*Dr. Manvikar has such great energy and presence—she was interesting and held my attention throughout. Fascinating topic to learn about.*”

NEW Ayurveda: Healing with Simple Home Remedies

Learn simple home remedies for common health problems such as cold, flu, headaches, etc. through diet, herbs, essential oils, exercise and yoga. These home remedies, used to correct imbalances and restore the body to the natural order, are based on the principles of Ayurveda. 3 Contact Hours, \$59

ID: 54703 Tue, 12/12/17 6:00pm – 8:30pm RM: P1840

Dr. Manvikar completed her Master's degree in Ayurveda from the University of Pune and has been practicing for more than 15 years as an Ayurveda specialist. She has taught at the Ayurveda College and Research Center in India, is a Registered Ayurveda Specialist, a professional member of the International Ayurvedic Association (AAPNA), and also teaches at the University of Minnesota's Center for Spirituality.





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.**

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, and moistening) and how they can impact different types of people and conditions. A few assessment techniques (including tongue assessment and pulse assessment) will also be briefly covered.

Part 1: ID: 54685 Wed, 9/20/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 54684 Wed, 9/27/17 6:30pm – 9:00pm RM: P1844

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: 54686 Wed, 10/4/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 54687 Wed, 10/11/17 6:30pm – 9:00pm RM: P1844

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).* 3 Contact Hours, \$49, Matthew Alfs

ID: 54821

Wed, 11/15/17

6:30pm – 9:00pm

RM: P1844

“ This program has opened up
a whole new world of learning
that I cannot wait to be a part of. ”

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

Various herbs can significantly affect the nervous system in particular ways, even by modulating hormones and neurotransmitters. Learn how herbs can influence various conditions and states of being.

ID: 54688 Wed, 10/18/17 6:30pm – 9:00pm RM: P1844

Class 4: Herbs for the Immune and Endocrine System

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

ID: 54689 Wed, 10/25/17 6:30pm – 9:00pm RM: P1844

Class 5: Herbs for Digestion and Elimination

Explore herbs that can help the digestion and elimination process.

ID: 54690 Wed, 11/1/17 6:30pm – 9:00pm RM: P1844

Class 6: Herbs for the Cardiovascular System

Discover herbs that support the heart and circulation.

ID: 54691 Wed, 11/8/17 6:30pm – 9:00pm RM: P1844

Matthew Alfs, M.H., A.H.G. is a practitioner, educator, and writer in the field of herbal therapy. He is a nationally peer-reviewed, professional member of the American Herbalists Guild, the Director of the Midwest School of Herbal Studies and has authored numerous articles on herbal therapy.



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 fall. 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

ID: 54693

Wed, 9/13/17 5:00pm – 7:30pm RM: P1844





Aromatherapy Foundations Certificate

In this certificate, you will learn the scope and enormous potential of essential oil therapies; how they affect our body, mind and spirit; differentiate oils between chemistry, aroma energetics and safety; understand appropriate uses of oils via inhalers, diffusers, etc.; gain guidance for use on children, elderly and understand contraindications of use. You will be exposed to best practices of the Professional Holistic Aromatherapy from a Certified Clinical Aromatherapist. Finally you will also create your own take-home blend of oils using your newfound skills. *Note: Student oil/materials kits are available for purchase in class, but not required.* **16.8 Contact Hours, \$275**

D: 54723 Fri, 10/13/17 8:30am – 4:30pm
& Sat, 10/14/17 9:00am – 4:00pm RM: P0806

Register for both **Aromatherapy Foundations Certificate** and **Advanced Applications Certificate** for \$495.

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**

ID: 54704	Sat, 10/14/17	8:00am – 4:00pm	RM: P1838
ID: 54706	Sat, 11/4/17	8:00am – 4:00pm	RM: P1838

Reiki Energy Therapy Level 2

This course 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**

ID: 54705	Sat, 12/2/17	8:00am – 4:00pm	RM: P1838
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“ Jodi is an excellent instructor.
Her skills, knowledge, and expertise are
conveyed with an energetic presentation. ”

Aromatherapy Advanced Applications Certificate

Once you have successfully completed the Aromatherapy Foundations Certificate, you'll be prepared to dive into more advanced applications of essential oils for health and healing. This certificate focuses on two critical health areas: stress and pain, providing effective therapies and strategies to meet specific needs for yourself and others. Learn to use oils to improve mood, sleep, imbalance and digestion. You will create a blend in class specific to your needs. This course is taught within a holistic framework and will combine simple acupressure skills with essential oils to heighten their effectiveness. **16.8 Contact Hours, \$275**

ID: 54815

Fri, 11/17/17
& Sat, 11/18/17

8:30am – 4:30pm
9:00am – 4:00pm

RM: P1844

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.



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 unique programs.

November 4 & 5 • 10 am – 5 pm
Minneapolis Convention Center



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

healing touch



A relaxing, nurturing energy therapy, Healing Touch uses gentle, heart-centered touch to assist in balancing your physical, emotional, mental and spiritual well-being. It enhances the body's natural ability to heal through the human energy centers and energy field/biofield and works in harmony with standard medical care and is complementary to other health care systems. It is safe for all ages. This continuing nursing education activity has been approved and endorsed by the American Holistic Nurses Association.

NEW Class 1: Foundations of Healing Touch

Come and explore theoretical concepts which underlie holistic healthcare practices along with how they relate to the core values which guide the practice of Healing Touch. *See website for complete course description.* 18 Contact Hours, \$345 (workbook included), Sheila Judd

ID: 54822	Fri, 10/6/17 & Sat, 10/7/17	8:00am – 5:00pm 8:00am – 4:00pm	RM: P1840
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ID: 54823	Fri, 12/1/17 & Sat, 12/2/17	8:00am – 5:00pm 8:00am – 4:00pm	RM: P1840
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muscle testing

The Art of Muscle Testing Certificate

NEW

Muscle testing can be used for oneself and others to test for food and substance sensitivities, emotional imbalances and general pain relief. Often referred to as Applied kinesiology, muscle testing is a method of identifying muscle weakness that may be linked to particular organs and glands. **9.6 Contact Hours and \$169 for the certificate or 2.4 Contact Hours and \$49 per class, Melissa Dirtzu, RYC-200**

Class 1: The Art of Muscle Testing 101

Learn how to test 4 different muscles in order to ensure that testing can be done with most any situation. The uses of muscle testing are vast, from food sensitivities and general pain relief, to detecting specific areas of self that needs support.

ID: 54710	Thur, 10/26/17	6:00pm – 8:00pm	RM: P1840
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Class 2: Food and Substance Muscle Testing

Learn and experience the basic technique and procedures for muscle testing self and others for substance specific sensitivities. Learn which foods/substances strengthen or cause stress to your body. Please bring in food, vitamins, essential oils, etc. that you'd like to test yourself and others for sensitivity.

ID: 54711	Thur, 11/2/17	6:00pm – 8:00pm	RM: P1840
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“Wonderful class exceeded expectations with joy, humor, energy, clarity, and knowledge.”

NEW Class 2: Energetic Patterning & Clinical Applications

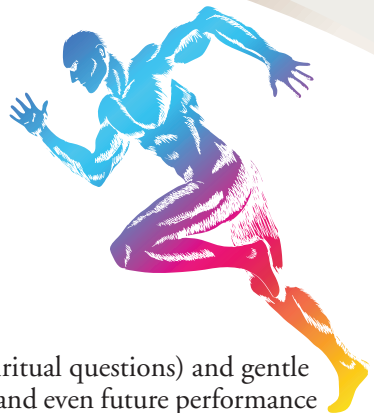
In this class, you will integrate techniques learned in the Foundations course into useful applications. You will deepen your appreciation of Healing Touch through a technique to assist the patient in expanding their heart energy. Assessment skills, clinical applications of energetic interventions, and proper documentation of clinical findings will also be covered. Upon completion, you will be able to describe how the Healing Beyond Borders Code of Ethics, Standards of Practice and Scope of Practice relate to their developing as a Healing Touch practitioner. *Prerequisite: completion of Healing Touch Class 1: Foundations of Healing Touch.* 18 Contact Hours, \$345 (workbook included), Barb Schommer, RN, MS, CHTP, CHTI

ID: 54824	Fri, 11/3/17	8:00am – 5:00pm	RM: P1840
	& Sat, 11/4/17	8:00am – 4:00pm	

Sheila Judd, MA, CHTP, CHTI is passionate about helping individuals and organizations to gain integrative health techniques that support holistic wellness. She is a Certified Healing Touch Practitioner and Instructor.



Often referred to as Applied Kinesiology, muscle testing is a method of identifying muscle weakness that may be linked to particular organs and glands.



Class 3 & 4: Emotional Balance

Learn how color, sound, the use of metaphors (deep spiritual questions) and gentle acupressure can relieve past or present pain and trauma and even future performance anxiety. Stress and body pain can be greatly reduced using these techniques.

Part 1: ID: 54712	Thur, 11/9/17	6:00pm – 8:00pm	RM: P1840
Part 2: ID: 54713	Thur, 11/16/17	6:00pm – 8:00pm	RM: P1840

Normandale’s integrative health and wellness courses are intended for educational purposes only and are not a replacement for any medical treatment or therapy by a physician or other licensed health care provider. Any application of course instruction or course materials is at the student’s discretion, sole responsibility, and is not a substitute for licensed medical care.



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. Gain 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 enroll in any class to get started. **58.8 Contact Hours and \$875 for the certificate 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: 54707 Sat, 10/14/17 9:00am – 4:00pm RM: P1840

NEW Understanding Empaths

This class will help you understand characteristics, abilities, gifts and challenges that Empaths (perhaps yourself?) experience. Topics such as healing, energetic boundaries, intuition and specific techniques and mantras will be discussed to weave into everyday life. Learn how energies of others affect your mood, body, and health. **7.2 Contact Hours, \$149, Beth Jacobson, MS**

ID: 54805 Thur, 10/5/17 - 10/26/17 6:00pm – 8:00pm RM: P1844

NEW Basic Foundations of Psychic Development

Learn how to access your psychic gifts and abilities. You will learn what your spiritual gifts and abilities are; how to use them; and why you would want to use them. A variety of information, techniques, and tools will be taught in this workshop. Skills can be used personally and professionally to support better health and wellness and the betterment of all. **18 Contact Hours, \$395, Beth Jacobson, MS**

ID: 54816 Thur, 11/2/17 – 12/7/17 6:00pm – 9:00pm RM: P1844

Beth Jacobson is a natural born Psychic Empath with a Master's Degree in Rehabilitation Counseling. She has 30 years of experience working with others as a psychic, energy healer, teacher, advisor, and counselor from toddlers to adults.



“ *Cyndi is an incredible teacher. She brings a vast amount of knowledge and condenses it in a way that everyone can meet and does it with ease and great humor.* ”

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: 54708

Sat, 11/18/17

9:00am – 4:00pm

RM: P1840

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: 54709

Sat, 12/16/17

9:00am – 4:00pm

RM: P1840

Classes 4-7 and Advanced Energy Medicine will be offered in Winter/Spring 2018.

See website for course descriptions and dates.

Cyndi Dale is the author of multiple 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.



Normandale's Energy Medicine program has trained more than 300 students from California to Florida and internationally from Canada to Japan.

emotional freedom techniques



What is Emotional Freedom Techniques?

Emotional Freedom Techniques (EFT Tapping) is a powerful and credible method that is quickly becoming mainstream. This self-help tool can release emotional distress, including anger and sadness, phobias, trauma, and generalized anxiety. It is also effective for weight control, chronic pain, athletic performance, cravings, food and chemical sensitivities and reduces cortisol levels, which is the primary hormone associated with stress. An article in the American Psychological Association (APA) peer-reviewed journal Review of General Psychology concludes that EFT “meets initial criteria for Evidence-Based Practice” for a number of conditions, including Post Traumatic Stress Disorder (PTSD).

numerology

Numerology – An Ancient Science

Numerology is a fairly simple language of cycles, patterns and potentials, speaking to you through symbols (numbers). In numerology, a number is not seen as a figure or quantity, but a symbol for an energy or vibration. Your personal numerology information (derived from your birth date and given name) can help to deepen your understanding of your talents, challenges, traits and potential, your relationships, and the Universe. Your personal numbers also reveal the timing of temporary cycles in your life. Numerology is a practical and spiritual tool that can empower your path in countless ways!

The Power & Potential of Your Day of Birth

Your birthday number is more than simply the day you were born! Your number reveals a special talent, flair or skill that you possess and how you approach the gifts and challenges represented by your Life Path number (derived from your full birthdate). Explore the meaning of your Life Path number and the characteristics of your day of birth. The importance of honoring our birthday will also be highlighted. 3 Contact Hours, \$49, Susan Shopek

ID: 54807

Wed, 11/29/17

6:00pm – 8:30pm

RM: P1844

This certificate provides you with an interactive overview of EFT tapping in an approachable and easy-to-follow way. During the program you will clear yourself of an emotional issue and learn how to use Simplified EFT Tapping™ to get consistent and deeper results with EFT for yourself and clients. To receive a certificate, attendance at all four classes is required.

NEW Simplified EFT Tapping™ Foundations Certificate

Each session will show you how to tap to resolve health and wellness challenges (including chronic pain, phobias, trauma and weight issues) and for improved relationships and finances – core areas of a person's overall wellness. Sessions are designed to provide ample opportunity for practical learning and hands-on application. 14.4 Contact Hours, \$345, Valerie Lis

ID: 54812

Tue, 11/7/17 - 11/28/17

6:00pm – 9:00pm

RM: P1844

Who should attend: This certificate is recommended if you want to learn how to use this self-help tool to resolve your own personal issues; work with clients or patients in private practice or healthcare.

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.



Unlock the Hidden Wisdom in Your Name

Discover the key number vibrations reflected in your unique name. Learn how to unlock your Heart's Desire (Soul), Personality, and Expression numbers and explore how they work together. Learn how these numbers can be understood in the context of your personal numerology chart and your journey through life. Nicknames and name changes will be discussed. 3 Contact Hours, \$49, Susan Shopek

ID: 54808

Wed, 12/6/17

6:00pm – 8:30pm

RM: P1844

Your Personal 2018 Year in Numerology

A new year, a new number vibration for you! The Personal Year is a temporary cycle that tells you about the activities, conditions and opportunities that are supported during each year. This fun and interactive class will give you newfound knowledge to drive and support your goals through the year. 3 Contact Hours, \$49, Susan Shopek

ID: 54810

Wed, 1/24/18

6:00pm – 8:30pm

RM: P1844



mindfulness and meditation



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 Mindfulness Qigong

This new program will teach you how to use Qigong to enhance your awareness and transform unbalanced energy into something beautiful through meditation and movement. You will experience how practicing Mindfulness Qigong will lead to better health, more life-energy, a calm mind, and mindful living – applying Spring Forest Qigong practices such as visualization, breathing, and movement to enhance health and develop mindful awareness of oneself. You do not need any prior experience to learn this series of simple but proven qigong techniques to keep the body and mind functioning at its best. 7.2 Contact Hours, \$129, Gadu Schmitz & Jacqueline Gran

ID: 54806 Sat, 11/4/17 9:00am – 3:00pm RM: P1840

NEW The Art of Mindfulness

Mindfulness is an easy antidote to a fast paced life. 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: 54803 Wed, 9/27/17 - 10/18/17 6:00pm – 7:30pm RM: P1840

A CHANGE OF MIND

Research in the areas of mindfulness, neuroplasticity, visualization and more have provided significant evidence that our brains can be wired and rewired to support our healing and wellness goals.

Some of the most common health conditions now using thought-oriented energy techniques include heart disease, cancer, depression, anxiety and addictions.



self-hypnosis

Self-Hypnosis

Hypnosis calms and quiets the mind, lowers your heart rate and cortisol levels and improves breathing. Come 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, BCH, CI

ID: 54804

Thur, 11/2/17

6:00pm – 9:00pm

RM: P0840



Learning Well on Edge Talk Radio

First Tuesday of the Month – 6 pm to 7 pm

- September 5** **Therapeutic Applications of Yoga** – Carol Krucoff, certified yoga therapist, teacher, author of *Yoga Sparks: 108 Easy Practices for Stress Relief in a Minute or Less* and *Healing Yoga for Neck and Shoulder Pain*.
- October 3** **The Mind-Body Interaction and The Role of Place in Well Being** – Dr. Esther Sternberg, Professor of medicine and founding research at the University of Arizona, Tucson.
- November 7** **Two Keys to Success and Happiness: Resilience and Connection** – Dr. Andrew Shatté, founder and President of Phoenix Life Academy, co-author of *The Resilience Factor* and *meQuilibrium*.
- December 5** **How to Boost Your Immunity** – Dr. Wendy Warner, President of the American Board of Integrative Holistic Medicine, medical director of the Holistic Center at St. Mary's Medical Center.



Dr. Andrew Shatté

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.



INTEGRATIVE HEALTH EDUCATION CENTER
at Normandale Community College



Tai Chi Instructor Certifications

These Certified Instructor Training Programs are designed for exercise instructors, tai chi practitioners, and healthcare professionals to develop or enhance wellness programs. These programs certify participants to teach “Tai Chi for Arthritis and Falls Prevention” and are endorsed by Arthritis Foundations worldwide.



NEW Tai Chi for Arthritis and Falls Prevention Instructor Training – Level 1

This program will teach you the twelve movement Sun Style tai chi form, designed by Dr. Paul Lam and associates. You will also learn the efficacy of preventing falls. It is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Students will learn how to safely modify the movements based on learner capabilities or limitations. Upon successful completion of this program, you will be certified as a Tai Chi for Arthritis and Falls Prevention Instructor for 2 years. *Note: An instructional DVD and book are required to purchase prior to workshop. See website for details.* 16.8 Contact Hours, \$285, Linda Ebeling, CTCA, CTCD, CSTC

ID: 54829

Sat & Sun, 11/4/17 & 11/5/17 8:00am – 4:30pm RM: S2330

NEW Tai Chi for Arthritis and Falls Prevention Instructor Update Training – Level 1

This program will update and refresh the twelve movement Sun Style tai chi form and re-inforce the efficacy of preventing falls. Students will practice techniques to safely modify the movements based on learner capabilities or limitations. Upon successful completion of this program, you will be re-certified as a Tai Chi for Arthritis and Falls Prevention Instructor for 2 years. *Prerequisite: Participant must have current certification (TCAFP) within 30 days of expiration date.* 8.4 Contact Hours, \$125, Linda Ebeling, CTCA, CTCD, CSTC

ID: 54825

Sun, 11/5/17

8:00am – 4:30pm

RM: S2330

Research shows that **6.6 million people** practice tai chi in the United States.

As scientific evidence for **the health benefits of Tai Chi continues to grow**, it is important to inform and educate American adults about Tai Chi and its potential impact on health.

Jiang D, Kong W, Jiang JJ (2015) Study of Tai Chi Practice in the United States. Ann Community Med Pract 1(1): 1005.

tai chi classes

Beginning	Tai Chi for Arthritis and Balance				
	ID: 54759	Mon, 9/11/17 - 10/23/17	7:00pm – 8:00pm	Root	\$65
	ID: 54760	Mon, 10/30/17 - 12/4/17	7:00pm – 8:00pm	Root	\$65
	ID: 54757	Sat, 9/16/17 - 10/28/17	11:00am – 12:00pm	Gonzales	\$65
	ID: 54758	Sat, 11/4/17 - 12/23/17	11:00am – 12:00pm	Gonzales	\$65
	Five Animal Frolics Qigong				
	ID: 54764	Wed, 9/13/17 - 10/18/17	7:00pm – 8:00pm	Ebeling	\$65
	ABC of Tai Chi - Intro to Yang Style				
	ID: 54766	Thur, 9/14/17 - 10/19/17	6:30pm – 7:30pm	Root	\$65
	ID: 54767	Thur, 10/26/17 - 12/7/17	6:30pm – 7:30pm	Root	\$65
	Longevity Qigong				
	ID: 54765	Wed, 11/1/17 - 12/13/17	7:00pm – 8:00pm	Ebeling	\$65
Shiba Louhan Qigong Level 2					
ID: 54762	Tue, 9/12/17 - 12/5/17	6:30pm – 7:30pm	Ebeling	\$120	
Intermediate/Advanced Tai Chi	Pushing-Sensing Hands				
	ID: 54756	Sat, 9/23/17 - 12/23/17	11:00am – 12:00pm	Root	\$120
	Tai Chi Fan				
	ID: 54763	Tue, 9/12/17 - 12/5/17	7:30pm – 8:30pm	Ebeling	\$120
	Sun Style Long Form				
	ID: 54753	Sat, 9/16/17 - 12/23/17	9:00am – 10:00am	Gonzales	\$120
	Shibashi				
	ID: 54754	Sat, 9/16/17 - 12/23/17	10:00am – 11:00am	Gonzales	\$120
	Tai Chi San Shou Partner Form				
	ID: 54832	Thur, 9/14/17 - 12/7/17	7:30pm – 8:30pm	Root	\$120
	Yang Style Short Form				
	ID: 54761	Mon, 9/11/17 - 12/4/17	8:00pm – 9:00pm	Root	\$120
ID: 54755	Sat, 9/23/17 - 12/23/17	10:00am – 11:00am	Root	\$120	
Yang Style Long Form					
ID: 54752	Sat, 9/23/17 - 12/23/17	9:00am – 10:00am	Root	\$120	
FREE	Meditation				
	ID: 55845	Sat, 9/23/17 - 12/23/17	8:00am – 9:00am	Root	FREE

* check website for specific dates and rooms



NEW Introduction to Yoga

This beginner course will introduce basic poses and alignment, breathing, and relaxation techniques. Gentle Kriipalu yoga is beneficial for everyone including those with physical issues. It creates spaciousness and grounding, inviting a greater sense of ease and peace. You will learn how yoga can increase strength, flexibility, and confidence, plus much more. 4.8 Contact Hours, \$69, Sharon Hills-Bonczyk, RYT-500

ID: 54826

Tue, 9/26/17 - 10/3/17

6:00pm – 8:00pm

RM: A1560

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. 1.8 Contact Hours, \$35, Sharon Sebring, RYT-200

ID: 54800

Sat, 10/28/17

1:00pm – 2:30pm

RM: S2330

ID: 54801

Sat, 12/9/17

1:00pm – 2:30pm

RM: S2330

NEW Laughter Yoga: Laugh for the Health of It

Research shows that the easiest remedy to some of our most common stressors could be the very thing we carry with us all the time: LAUGHTER. You'll learn the powerful self-care tool by using laughter to help unlock some of the things that keep us from feeling and performing at our best. You'll experience laughing like you've never laughed before! You will be helped to create a customized toolbox to apply to every aspect of your life. Laughter Yoga is guaranteed to leave you energized and empowered. It will stimulate your creativity and is also great exercise! 2.4 Contact Hours, \$39, Sarah Routman, MA

ID: 54714

Sat, 10/28/17

9:00am – 11:00am

RM: A2552

ID: 54715

Sat, 12/2/17

9:00am – 11:00am

RM: P1844

36.7 MILLION AMERICANS
 OR **15%** OF US ADULTS
 PRACTICED YOGA IN 2016
 UP FROM
20.4 MILLION IN 2012



“ This class is very relaxing,
restorative and informative. ”

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. 4.8 Contact Hours, \$65, Sharon Sebring, RYT-200

ID: 54798	Wed, 10/4/17 - 10/25/17	5:00pm – 6:00pm	RM: A1560
ID: 54799	Wed, 11/8/17 - 12/6/17	5:00pm – 6:00pm	RM: A1560

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 anxiety and depression, treats sleep issues, prevents and alleviates numerous ailments and diseases. 4.8 Contact Hours, \$79, Sharon Hills-Bonczyk, RYT-500

ID: 54797	Thur, 11/30/17 - 12/7/17	6:00pm – 8:00pm	RM: S2330
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NEW Ayurveda: Yoga for Your Dosha - See page 4

TAI CHI OPEN HOUSE

Join us for a **FREE** introduction and practice of Tai Chi for everyone.

Tai chi is an excellent way to build balance, flexibility and get your body moving. Join us for a free practice session and experience tai chi firsthand with our caring and experienced instructors. Come with questions and bring a friend!

Normandale offers a wide variety of tai chi styles and teaches to all experience levels from beginner to expert.



ID: 54768	Sat, 9/9/17	12:30pm – 1:30pm	RM: S2330
ID: 54769	Sat, 10/21/17	12:30pm – 1:30pm	RM: S2330

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



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.

NEW Emergency Medical Technician (EMT)

This program is designed for individuals who are interested in becoming an Emergency Medical Technician or are simply interested in gaining EMT skills and practical experience. It will equip you to make competent decisions regarding treatment of medical and trauma patients at the basic life support level, as set forth by the Department of Transportation. Training includes patient assessment; airway management; AHA basic life support for health professionals; trauma management; medical emergencies management; mass casualty and bio-terrorism response; critical thinking and decision-making. Successful completion of this course and the National Registry Examination lead to certification as an Emergency Medical Technician at the Basic level. This program is a blend of in-class learning and outside online and independent coursework with the majority of time spent practicing life-saving skills. *See website for full program details.* 80 Hours plus Practicum, \$2,125, HCMC Faculty

ID: 54791

Tue & Thur, 9/19/17 - 11/28/17

12:30pm – 4:30pm RM: P0808

NEW Certificate in Infectious Diseases and Infection Control

This certificate program offers insights into infectious diseases that are essential for medical professionals. The program begins by examining basic techniques and procedures for preventing the transmission of infectious disease. Then you'll take a closer look at some of the most common and dangerous infectious diseases: influenza, pneumonia, tuberculosis, hepatitis, HIV/AIDS, zoonoses (diseases that are spread from animals to people), and tickborne diseases. 13 Contact Hours, \$119, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (9/13, 10/18, 11/8, 12/13)

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. *Visit website for full details.* 170 Contact Hours, \$1,360, Leanne Meier, RN

ID: 54731

Sat, 9/16/17 - 12/2/17

8:00am – 1:00pm

RM: S2333

Dementia Care

This course provides essential knowledge and understanding about neurological diseases that affect cognition and memory, and practical application of effective skills for supporting persons with dementia. Nearly all disciplines benefit from expertise in dementia care, as do families of persons with dementia. Come away with increased knowledge in how to care for persons with dementia. 32 Contact Hours, \$495, Pamela Atwood, MA, CDP

ID: 54072

Online – 9/5/17 - 9/29/17

“ Best CPR class I’ve ever had! ”

BLS for Healthcare Providers – American Heart Association

The Basic Life Support (BLS) for Healthcare Providers 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. 8.4 Contact Hours, \$109, Nancy Johnson, PhD

ID: 54792

Sat, 10/28/17

8:00am – 3:00pm

RM: A1570

Want a CPR or First Aid class at your work?

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

Call 952-358-8343 or email
ncal@normandale.edu for more information.

BLS for Healthcare Providers – Renewal

This 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. 4.2 Contact Hours, \$56, Nancy Johnson, PhD

ID: 54793

Wed, 9/27/17

5:30pm – 9:30pm

RM: A1570

ID: 54794

Wed, 11/15/17

5:30pm – 9:30pm

RM: A1570

ID: 54795

Wed, 12/13/17

5:30pm – 9:30pm

RM: A1570

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.

Normandale is also home to
Dental Hygiene
Continuing Education programs.

Visit our website for course offerings.



medical career programs



Professional Medical Coding and Billing **WIOA 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. Exam voucher included. 640 Contact Hours, \$3,499



ID: 54106 Online – start anytime

Medical Billing **WIOA 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. 180 Contact Hours, \$2,999

ID: 54110 Online – start anytime

Pharmacy Technician **WIOA 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. 285 Contact Hours, \$1,999

ID: 54111 Online – start anytime

<h3>Medical Career Information Session</h3> <p>ID: 54683 • Thur, 9/28/17 • 6:00pm - 8:00pm RM P1840</p> <p>To register, visit normandale.edu/CE or call 952-358-8343</p>	FREE
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There will also be an information session from 1:00pm – 3:00pm on September 29 at the Bloomington Workforce Center. Register at www.mn.gov/deed/hsworkshops or call 952-703-7730.

“ I currently work for a national healthcare consulting company and thanks to this program my career is advancing very rapidly. ”

Medical Transcription Editor

WIOA 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. 640 Contact Hours, \$2,999

ID: 54108 Online – start anytime

NEW Medical Administrative Assistant with EHR

WIOA 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, \$2,799

ID: 54113 Online – start anytime

NEW Medical Assistant with Clinical

WIOA Approved

Medical assisting is becoming a must-have skill set for anyone interested in working in the healthcare industry – whether you want to become a care giver or work in an operational or administrative role. Learning the required skills and knowledge will open doors to many career opportunities and demonstrate an understanding of health care delivery and operations. A Medical Assistant provides general patient care in healthcare facilities such as physicians' offices, hospitals, and clinics. This course offers the flexibility of online learning AND also includes a 220 hour in-person clinical experience – a must have for on-the-job success. You will receive one-on-one help from instructors and technical support team. A complete ebook library and CCMA exam voucher are also included. *See website for more details.* 730 Contact Hours, \$3,999

ID: 54835 Online – start anytime

Free Laptop
or iPad Air

For these qualifying programs:

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

Students who pay in full up front for the listed programs are eligible for a promotional item or discount before October 31, 2017. Payment plans available, call 952-358-8343 for details.

"The Practice Facilitator Certificate Program helped me hone my skills as an improvement site visitor for immunization health care providers. I am excited to leverage my newfound abilities in my day-to-day public health practice work."

–Sudha Setty, MPH

AFIX/QI Coordinator MN Department of Health



NEW Certificate in Integrative Mental Health

This groundbreaking certificate program addresses the dramatic shift taking place in the healthcare field as alternative, holistic, and integrative therapies are increasingly being used to treat mental health conditions. 20 Contact Hours, \$139, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (9/13, 10/18, 11/8, 12/13)

NEW Certificate in Pain Assessment and Management

Designed to enhance the knowledge and skills of health care professionals who work with patients who are in pain. By providing an educational experience that examines key issues related to pain assessment and management, this course will give you the relevant and practical information you'll need to improve your practice and provide the most effective care to your patients. 12 Contact Hours, \$99, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (9/13, 10/18, 11/8, 12/13)

NEW Certificate in End of Life Care

The Certificate in End-of-Life Care represents a specialization in the field of caring for those who are experiencing a terminal illness. It is designed to enhance the knowledge and skills of individuals who work with dying patients by providing a multidisciplinary educational experience. This program will enhance your ability to support end-of-life care and the many challenges accompanying it. 19 Contact Hours, \$129, Caroline Young, MPH and Cyndie Koopsen, RN, MBA

Online – start every month (9/13, 10/18, 11/8, 12/13)

Practice Facilitation Certificate

NEW

One of a handful of available programs nationally, the Practice Facilitator Certificate program will develop the necessary skills to support improvement activities in healthcare delivery and to help transform practices.

Training topics will focus on practical approaches to facilitating effective change in healthcare through quality and systems improvement activities. Topics will include: leadership, change management and relationship building techniques; key environmental trends impacting primary care; technology and systems optimization; effective team-building and much more.

In addition to weekly online classes and industry expert lecturers, participants will engage in a 20-40 hour practicum experience to gain real-work experience and exposure to practice facilitation activities and concepts. The first two days of class will meet in-person. All classes thereafter will be online. Learn more at www.MNHealthIT.com.
34 Contact Hours, \$3,995



MN Consortium for Practice Facilitation

ID: 54718 **Thur, 9/14/17 & Fri, 9/15/17 (in-person)** **8:30am – 4:30pm** **RM: P0806**
Thur, 9/7/17 - 12/7/17 (teleseminars) **3:00pm – 4:30pm**



JUMP START YOUR DREAMS

NEW

from Doubting to Doing

Dreams - they're big, thrilling and life-changing. Yet it's hard to turn a dream into reality. Need a little nudge? Then join us for an interactive workshop. You will see how you can clarify your personal or professional dream, address doubts that are standing in the way and discover useful tools and behaviors to get started. 0.4 CEU, \$95

ID: 54802

Sat, 10/7/17 8:30am – 12:30pm RM: P1844

Cherie Anderson has 20 plus years of experience as a leader, consultant and trainer in both non-profit and business environments helping people start their dreams.



Data Analytics Bootcamps

These bootcamps are designed to strengthen your data literacy core – a much sought-after expertise – across all work roles and industries.

See how real-life data case studies can be applied to everyday work situations while working with common software applications (R and Advanced Excel).

You will learn to identify and summarize different types of data into meaningful information to support new insights or decision making. Then dive into statistical model creation, testing, and applications for direct hands-on learning.

NEW Bootcamp 1: Foundations

Consider this basic training. You will gain the hands-on instruction to strengthen your data analytics knowledge and skills and begin to work with the tools and techniques needed to move data to insight. 0.65 CEU, \$129, Mark Ahrens, PhD

ID: 54827	Fri, 10/13/17	9:00am – 4:00pm	RM: A2556
ID: 54828	Fri, 12/1/17	9:00am – 4:00pm	RM: A2556

NEW Bootcamp 2: Applications

This Bootcamp is designed as a “lab like learning experience.” You will build on what you know, apply newly learned data concepts by using common software applications and real-life scenarios. Prerequisite: Strong understanding of and/or experience with data analytics or attendance at a previous Data Analytics Bootcamp at Normandale. 0.65 CEU, \$129, Mark Ahrens, PhD

ID: 54830	Sat, 10/14/17	9:00am – 4:00pm	RM: A2556
ID: 54831	Sat, 12/2/17	9:00am – 4:00pm	RM: A2556



MINNESOTA STATE

Normandale Community College,
a member of Minnesota State

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

explore languages

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. 32 Contact Hours, \$290, Cristina Sempé

ID: 54073

Online – 9/5/17 - 10/27/17

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. *See website for more information about required textbooks.* 1.2 CEU, \$109 per class, Mary Zieland, MA

Level 1: ID: 54719	Mon, 9/25/17 - 11/6/17	4:30pm – 6:30pm	RM: P1838
Level 2: ID: 54720	Mon, 11/13/17 - 12/18/17	4:30pm – 6:30pm	RM: P1838
Level 3: ID: 54721	Mon, 9/25/17 - 11/6/17	6:45pm – 8:45pm	RM: P1838
Level 4: ID: 54722	Mon, 11/13/17 - 12/18/17	6:45pm – 8:45pm	RM: P1838

Levels 5 & 6 will be offered in Winter/Spring 2018.



Get Certified

Show the world your skills!

Earn an Integrative Health & Healing Certificate at Normandale.

- Holistic Nutrition Certificate
- Aromatherapy Certificate
- Ayurveda Certificate
- Herbalism Certificate
- Energy Medicine Certificate
- Reiki Energy Therapy Certification
- Healing Touch Certifications
- Tai Chi Teacher Certifications
- EFT Certificate
- Health IT Certificates
- ...and many more



Health IT Professional Series

Health Information Technology 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 essential in this growing field. See more details at www.MNHealthIT.com

Learning Delivery: Classes are online, self-paced, and instructor supported.

Classes are five weeks long, online and start every six weeks.

Start Dates:
9/6/17, 10/18/17,
11/29/17

MNHIT Level 1 Certificate

WIOA Approved

Earn the Level 1 Certificate for \$555 (a savings of \$30).

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. 7.0 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. 7.0 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. 7.0 CEU, \$195

MNHIT courses help individuals with **career advancement** or re-employment, **becoming an expert** in their field, **improving work performance, staying engaged** in their current role, **improving quality** in healthcare, and **developing a broader understanding** of healthcare operations.

MNHIT Level 2 Certificate

WIOA Approved

Earn the Level 2 Certificate for \$555 (a savings of \$30).

HIT Workflow Analysis and 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. 7.0 CEU, \$195

Leadership and 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. 7.0 CEU, \$195

Networking and 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. 7.0 CEU, \$195

MNHIT Level 3 Certificate

WIOA Approved

Earn the Level 3 Certificate for \$665 (a savings of \$40).

Business of Health IT (BHIT)

Gain an understanding of HIT regulations as you learn about quality improvement, public health IT, privacy and security. 7.0 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 prerequisite: WKFL.* 7.0 CEU, \$255

Health IT Project Management (HIPM)

Understand the project management tools and techniques necessary to create and follow a HIT project management plan. **Recommended prerequisite: WKFL.* 7.0 CEU, \$255

Health IT Professional Certificate

Complete all three of the mini certificates (9 classes) and earn the Health IT Professional Certificate. You will be well-prepared to sit for national certification exams such as CAHIMS, CPEHR or CPHT. More information about these certifications can be found on our website www.MNHealthIT.com





Health IT Transformation Series

New knowledge and skills are necessary for healthcare professionals to participate in this data and value-driven era. These certificates are designed to build a foundational understanding of healthcare transformation in a practical, usable way. See website for course and certificate information. Earn a certificate or take individual courses. \$95 per class.

Learning Delivery: Classes are online, self-paced, and instructor supported.

Classes are three weeks long, online and start every month.

Start Dates: 9/13/17,
10/11/17, 11/8/17,
12/5/17

Healthcare Data Analytics Certificate

Every role in the healthcare industry requires a deeper understanding of data, what it is, and how to gain insight. This certificate provides valuable working knowledge of healthcare data analytics as it relates to care delivery, quality and improvements, and financial and operational considerations.



NEW Understanding Healthcare Data Analytics (8 hours)

This course is designed to provide people working in the healthcare industry a strong, practical understanding of data analytics. Trainees will gain an understanding of the importance of healthcare data analytics and how to apply their knowledge of analytics to every-day activities.

NEW Clinical Data Analytics and the Learning Health System (9.5 hours)

This course is designed to provide healthcare professionals who have a grounding in healthcare analytics with insight into the clinical context and use of data, best practices and advanced concepts in healthcare data analytics. Trainees will complete practical exercises which represent real-life healthcare scenarios.



This training is delivered through a partnership between Johns Hopkins University School of Medicine and Normandale Community College.

Population Health Certificate

Population health shifts the focus from the individual patient to the population, allowing providers and health organizations to improve the healthcare experience and business models by leveraging population-level data.



NEW Population Health Policy (6 hours)

This course is designed to explain the changes to the healthcare system that are emerging as a result of a shift in focus from the individual patient to the population. Trainees will start with a general introduction to population health and then segue to the practicalities of population health management at the business and policy level.

NEW Population Health Data Analytics (7.5 hours)

This course is designed to provide trainees with the core knowledge to identify the specific types of data used in population health management. Trainees will start with a general introduction to population health and then go through the data types, data sources, and core processes of working with these data.

NEW Population Health Interventions (9 hours)

This course is designed to provide trainees with the core knowledge and skills to using the data gathered in a population health context to improve the health of that population. Trainees will start with a general introduction to population health and then segue to the calculation of clinical risk, to the use of that calculation, and to the context of health IT.

Value-Based Care Certificate

Healthcare is changing at the speed of light - care delivery, payment and reimbursement, quality standards - everything is transforming. Value-based care is a key driver to move these changes forward in meaningful ways. This certificate covers key concepts related to value-based care (VBC) and healthcare reform. Gain the skills and training needs to manage day-to-day work including care delivery, quality measurement and improvement as well as satisfaction.



NEW The Business of Value-Based Care (8.25 hours)

This course provides an understanding of the core concepts of healthcare reform and will help trainees understand the impact value-based care (VBC) will have on their day-to-day work. Trainees will also learn how VBC might impact many aspects of healthcare delivery, including operations, patient satisfaction and financial sustainability.

NEW Applications of Value-Based Care (6.75 hours)

This course is designed to educate individuals working in the healthcare industry on how value-based care (VBC) will affect care delivery, quality measurement and improvement and finally, how VBC affects the need to engage consumers and measure consumer satisfaction.

NEW Negotiating Contracts for Value-Based Care (2 hours)

This course will provide an overview of alternative payment model (APM) contracts by describing their general elements, covering how risk calculations can impact APMs, and understanding the information required for successful contract negotiation.



NORMANDALE
COMMUNITY COLLEGE

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Fall Into Wellness

Free Event

Sample programs like healing touch, ayurveda, EFT, numerology, energy medicine, and more!

Saturday, 9/30/17
10:00am – 1:00pm

see **inside front cover** for details

Herbalism Wild Plant Walk

See page 7 for details.

