

normandale

integrative & holistic
continuing health
education



winter/spring 2017

certificates • workshops • online



6

Ayurveda



8

Holistic Nutrition



16

Energy Medicine



18

Yoga and Pilates



22

Tai Chi and Qigong

Winter Warm-up for Body, Mind & Spirit

Escape the mid-winter blahs with Normandale's **FREE Warm-Up for Body, Mind & Spirit Sampler.**

Bring your friends and make new ones!

Attend 45-minute workshops including Yoga, Healing Touch, Ayurveda, Energy Work, Pilates, and Applied Kinesiology.

Check website for additional details.



Saturday, February 11 • 10:00am – 12:00pm • Partnership Center
FREE • ID: 52430

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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.



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: 52373 Wed, 4/5/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 52372 Wed, 4/12/17 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: 52374 Wed, 4/19/17 6:30pm – 9:00pm RM: P1844

Part 2: ID: 52375 Wed, 4/26/17 6:30pm – 9:00pm RM: P1844

Herbs for the Musculoskeletal System

Herbs can support the health of the joints, tendons, ligaments, bones (including bone density), muscles, and skin. This class will highlight these herbs and their specific applications to the 21st-century American, for whom modern-day stress has wreaked havoc, leading to a bumper crop of osteoporosis, chronic tendonitis, osteoarthritis, autoimmune forms of arthritis, acne, eczema, psoriasis, and other skin conditions. **3 Contact Hours, \$49, Matthew Alfs**

ID: 52387

Wed, 5/31/17

6:30pm – 9:00pm

RM: P1844

“ The classes are wonderful,
scientific, and historical, especially
specifications of herbs - very engaging! ”

Class 3: Herbs for the Respiratory 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: 52376

Wed, 5/3/17

6:30pm – 9:00pm

RM: P1844

Class 4: Herbs for Liver Function and Detoxification

The liver has many hundreds of functions. This class will focus on those herbs which enhance the vital functions of our most hardworking organ.

ID: 52377

Wed, 5/10/17

6:30pm – 9:00pm

RM: P1844

Class 5: Herbs for the Lymphatic and Urinary Systems

This class will focus on those herbs which enhance the function of the lymph nodes and improve the efficiency of the kidneys to purify the body.

ID: 52378

Wed, 5/17/17

6:30pm – 9:00pm

RM: P1844

Class 6: Herbs for Women's Reproductive Health

Herbal aids for women's reproductive health is a complex subject that will be addressed in this class. Topics include herbs for menopausal comfort, premenstrual comfort, pregnancy and lactation; and hormonal balance, relative to concerns such as libido and polycystic ovarian syndrome.

ID: 52379

Wed, 5/24/17

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: 52380

Wed, 6/7/17

5:00pm – 7:30pm

RM: P1844





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: 52394

Fri, 3/10/17

8:30am – 4:30pm

& Sat, 3/11/17

9:00am – 4:00pm

RM: P1810

Register for both **Aromatherapy Foundations Certificate** and **Advanced Aromatherapy Application Certificate** for \$495 (a savings of \$90).

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

NEW Aromatherapy Basics

Are you loving essential oils but are overwhelmed by mixed messages about how to use them appropriately? Learn where to get professional resources and balanced information to help you use what you already have and find what you need. No prerequisites required. 2.4 Contact Hours, \$49, Jodi Baglien

ID: 52671

Thur, 2/23/17

6:00pm – 8:00pm

RM: P1840

NEW Essential Oils and Acupressure for Women's Health

Learn and practice how to apply and use essential oils to support the emotional and physical elements of women's health. Explore the top essential oils that may help restore flow, balance and find relief for anxiety, mood swings, insomnia, PMS symptoms and hot flashes. You will create a restorative blend in class, created for your own body's symptoms. Learn a few helpful “calming and balancing” acupressure points you can instantly use. 3.6 Contact Hours, \$49, Jodi Baglien

ID: 52554

Thur, 3/23/17

6:00pm – 9:00pm

RM: P1840

NEW Essential Oils and Acupressure to Improve Sleep

Learn how to support better sleep with essential oils and acupressure. Explore the best oils for a more restful night while pairing with key Acupoints. Enjoy finding your “sleepy oils” and create your very own sleep-time inhaler to integrate it into your bedtime routine. Everyone is invited. 3.6 Contact Hours, \$49, Jodi Baglien

ID: 52555

Thur, 5/11/17

6:00pm – 9:00pm

RM: P1840

Advanced Aromatherapy Application Certificate

One of the most valuable uses of essential oils is stress reduction. Most common symptoms of stress and pain include mood and sleep imbalances, increased tension and pain, or digestive issues. *Prerequisite: Aromatherapy Foundations Certificate or Instructor Approval.* **15.6 Contact Hours and \$275 for the certificate or 7.8 Contact Hours and \$155 per class.**

Class 1: Aromatherapy and Stress Reduction

Learn how you can utilize the power of essential oils for soothing the nervous system, see research that clearly shows which oils can improve sleep, and reduce agitation.

ID: 52432

Sat, 4/1/17

9:00am – 4:00pm

RM: P1840

Class 2: Aromatherapy and Pain Relief

Learn the uses of essential oils to provide comfort and relief from everyday muscle tension, headaches, sprains and strains, and more. This course is taught within holistic framework and will combine simple acupuncture skills with essential oils to heighten their effectiveness.

ID: 52433

Sat, 4/22/17

9:00am – 4:00pm

RM: P1810

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.

February 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)



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, 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: 52388 Tue, 3/7/17 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, Asavari Manvikar

ID: 52558 Tue, 2/7/17 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, Asavari Manvikar

ID: 52557 Tue, 2/21/17 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, Asavari Manvikar

ID: 52559 Tue, 4/18/17 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: 52389

Tue, 3/14/17

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: 52390

Tue, 3/21/17

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: 52391

Tue, 3/28/17

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: 52392

Tue, 4/4/17

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: 52393

Tue, 4/11/17

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, Asavari Manvikar

ID: 52556

Tue, 4/25/17

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.





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 18 Contact Hours and \$275 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.

ID: 52381

Mon, 4/10/17

6:30pm – 9:00pm

RM: P1844

NEW Certificate in Food, Nutrition and Health

This engaging certificate program provides a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health. You will learn how to become more conscious of what you eat, why you eat it, how it is prepared, and what consequences our food choices have on our health. You'll also examine the impact of stress on the body and the health crisis posed by obesity in the U.S. You'll also learn how to change eating habits for more healthful outcomes and gain insight into how food interacts with our bodies on multiple levels. This certificate is designed for individuals who are working in the health care field as well as those who are interested in the topic. **16 Contact Hours, \$109, Caroline Young, MPH and Cyndie Koopsen, RN, MBA**

Online class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

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 vitamin, 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 class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

Class 2: Macronutrients

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

ID: 52382 Mon, 4/24/17 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: 52383 Mon, 5/1/17 6:30pm – 9:00pm RM: P1844

ID: 52384 Mon, 5/8/17 6:30pm – 9:00pm RM: P1844

Class 5: Minerals

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

ID: 52385 Mon, 5/15/17 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: 52386 Mon, 5/22/17 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

Sat, 4/1/17 • 9:00am – 12:00pm
ID: 52425 • RM: P1842

homeopathy



Homeopathic remedies are derived from substances that come from plants, minerals, or animals, such as red onion and arnica (mountain herb). Homeopathic remedies are in forms such as capsules, ointments, gels, drops, creams, and tablets. Treatments can be “individualized” or tailored to each person. About 5 million adults and 1 million children used homeopathy in 2011 according to a National Health Interview Survey (NHIS).

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. 6 Contact Hours, \$149

ID: 52407 Sat, 2/4/17 9:00am – 3:00pm RM: P1844

muscle testing

NEW The Art of Muscle Testing Certificate

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: 52417 Thur, 4/13/17 6:00pm – 8:00pm RM: P1840

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: 52418 Thur, 4/20/17 6:00pm – 8:00pm RM: P1840

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. *Prerequisite: Foundations of Homeopathic Medicine.* 3.6 Contact Hours, \$79

ID: 52408

Sat, 3/4/17

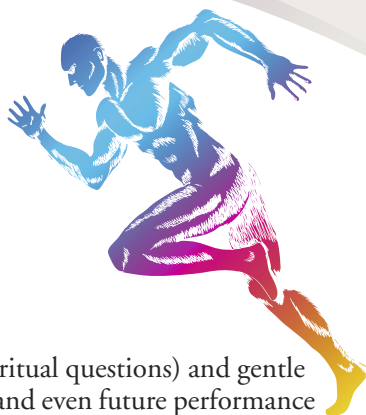
9:00am – 12:00pm

RM: P1844

Cilla Whatcott, H.D., RHom, CCH is a graduate of Arizona State University, Northwestern Academy of Homeopathy and Kingdom College. She is nationally certified as a classical homeopath and author. She is the director of Worldwide Choice – an organization that trains medically licensed practitioners in homeopathic methods. She is the parent of an adopted family from around the world, and participates in international seminars, conferences and ongoing homeopathic training when she isn't busy with her private homeopathic practice in Chaska.



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: Emotional Balance – Part 1

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.

ID: 52419

Thur, 4/27/17

6:00pm – 8:00pm

RM: P1840

Class 4: Emotional Balance – Part 2

ID: 52420

Thur, 5/4/17

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.

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 Certificate

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), Sheila Judd

ID: 52395	Fri, 3/3/17	8:00am – 5:00pm	RM: P1840
	& Sat, 3/4/17	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

ID: 52413	Sat, 2/25/17	8:00am – 4:00pm	RM: P1838
ID: 52414	Sat, 3/18/17	8:00am – 4:00pm	RM: P1838
ID: 52415	Sat, 5/13/17	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: 52416	Sat, 4/8/17	8:00am – 4:00pm	RM: P1838
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Healing Touch International (HTI) Level 2 Certificate

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), Barb Schommer, RN, MS, CHTP, CHTI

ID: 51277	Fri, 1/20/17	8:00am – 5:00pm	RM: P1840
	& Sat, 1/21/17	8:00am – 4:00pm	
ID: 52396	Fri, 5/5/17	8:00am – 5:00pm	RM: P1840
	& Sat, 5/6/17	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.



Learning Well on Edge Talk Radio

First Tuesday of the Month – 6 pm to 7 pm

Upcoming Shows:

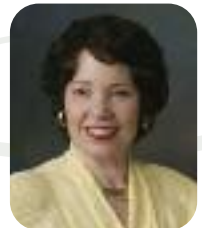
- February 7** **14 Skills for Cooler, Calmer, and Happier**
Dr. Adam Perlman, researcher, Executive Director for Duke Integrative Medicine
- March 7** **How to Benefit from Pressure Point Therapy**
Dr. Michael Pinkus, known as National Spokesperson for Alternative Health Care
- April 4** **13 Things Mentally Strong People Don't Do**
Amy Morin, licensed clinical social worker, psychotherapist, and a lecturer at Northeastern University.



Dr. Michael Pinkus

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

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, \$350 per certificate if registered by 3/31/17, \$395 thereafter. Repeaters may take the class for \$50.**

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

numerology

Numerology – an ancient science - 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!

NEW Your Personal 2017 Year in Numerology

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. A new year, a new number vibration for you! **2.4 Contact Hours, \$49, Susan Shopek**

ID: 52553

Thur, 1/26/17

6:00pm – 8:00pm

RM: P1840

NEW The Power and Potential of Your Day of Birth

Learn the characteristics of your specific birth day number, explore the meaning of your Life Path number, and highlight the importance of honoring your birthday. You'll have the opportunity to reflect and record your insights and intentions. Discover the significance of your day of birth through the lens of numerology. **2.4 Contact Hours, \$49, Susan Shopek**

ID: 52552

Thur, 3/9/17

6:00pm – 8:00pm

RM: P1840

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. 19.2 Contact Hours, \$395

ID: 52423

Sat & Sun, 4/29/17 & 4/30/17

8:00am – 4:30pm

RM: P1844

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.* 19.2 Contact Hours, \$395

ID: 52424

Sat & Sun, 5/6/17 & 5/7/17

8:00am – 4:30pm

RM: P1844

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.



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: 52428

Thur, 3/30/17

6:00pm – 9:00pm

RM: P1840

Psychology Today Online

Hypnosis is a technique for putting someone (or yourself) into a state of concentration where you are more suggestible and thus more open to messages about breaking bad habits or changing in other positive ways.



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.

Class 4: Energy Anatomy: Fields

Every living being and even inanimate objects emanate energy fields. There are thousands, including earth and planetary fields; natural and human-made electromagnetic fields; and crystal matrix fields, human bio- and subtle fields. Come and explore the myriad of these fields, how they work, and how to shift energy so as to prosper our world and us. Covered are topics including geopathic stress, electropollution, auric fields, and morphology, as well as techniques showing you how to use hands-on healing to assess and clear the field, read the tenth auric field, use the healing streams of grace for release, and apply shapes and numbers for healing. 8.4 Contact Hours, \$145

ID: 51250 Sat, 2/11/17 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. This class will help you understand how energies of others affect your mood, body, and health. 7.2 Contact Hours, \$129, Beth Jacobson, MS

ID: 52406 Tue, 4/18/17 - 5/2/17 6:00pm – 8:00pm RM: P1844

NEW Advanced Energy Medicine: Healing Trauma

Trauma is one of the most challenging issues to recover from, whether caused by physical or psychological challenges. This course will introduce participants to a subtle energetic understanding of trauma. This approach looks at healing and support for depression, anxiety, addictions, and codependency. You need to have a basic understanding of energy to participate in this course. 8.4 Contact Hours, \$145, Cyndi Dale

ID: 51246 Sat, 4/8/17 9:00am – 4:00pm RM: P1840

Classes 1-3 will be offered in Fall 2017
See website for course descriptions

Class 5: Energy Anatomy: Centers

Across time, cultures have accessed their energy centers to diagnose challenging conditions, heal disease, balance emotions, cleanse the mind, create abundance, and perform everything from manual to supernatural feats. Energy work requires a thorough knowledge of these centers, especially the chakras, for the same purpose. We'll explore various cross-cultural chakra systems and the spiritual and scientific explanation for how they work before describing the 12-chakra system in detail. 8.4 Contact Hours, \$145

ID: 51251

Sat, 3/18/17

9:00am – 4:00pm

RM: P1840

Class 6: Energy Healing

This day is dedicated to consciously accessing information, vibration, and the combination of the two for diagnosis, healing, divination, and problem-solving. We'll cover topics and techniques including energy assessment, clearing, balancing, and opening to help heal self and others, as well as the two main types of healing concerns: autoimmune and trauma. How does a practitioner (working on self or others) engage and then disengage safely? You'll leave this practical day enthused to become the healer that you are. 8.4 Contact Hours, \$145

ID: 51252

Sat, 4/22/17

9:00am – 4:00pm

RM: P1840

Class 7: Energy Medicine: Being the Practitioner

Integrate energetic concepts, practices, and techniques, even while we deepen our skills as energy practitioners. We'll review our basic concepts and then explore the roles of brain states, primary cell and disease patterns, both microbial and energetic, before practicing on each other. By the end of the class you will be clear about energy protocol and your particular energetic gifts. 8.4 Contact Hours, \$145

ID: 51253

Sat, 5/13/17

9:00am – 4:00pm

RM: P1840

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.



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, too! 2.4 Contact Hours, \$39, Sarah Routman, MA

ID: 52426	Sat, 3/11/17	9:00am – 11:00am	RM: P1842
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ID: 52427	Sat, 5/20/17	9:00am – 11:00am	RM: P1842
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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: 52699	Sat, 3/18/17	10:30am – 12:00pm	RM: P0806
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pilates

NEW Pilates Master Class

Pilates is considered the “powerhouse” or the muscle groups, and actions performed within the neck, chest, back, and gluteals, the basis of all movement to enhance balance, posture, strength, and flexibility. This class is appropriate for beginners all the way through those who have practiced mat exercises for years. Please bring an exercise mat, wear comfortable clothing, barefoot or stocking foot, and water if needed. 2.4 Contact Hours, \$59, Nicole DePalma, MS

ID: 52560	Sat, 1/28/17	10:30am – 12:30pm	RM: P0806
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ID: 52561	Sat, 3/25/17	10:30am – 12:30pm	RM: P0806
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ID: 52562	Sat, 5/6/17	10:30am – 12:30pm	RM: P0806
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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 you might have and learn corrective exercise using Pilates principles. You will learn how to move correctly from your powerhouse for greater health. 2.4 Contact Hours, \$59, Nicole DePalma, MS

ID: 52563	Tue, 2/21/17	6:00pm – 8:00pm	RM: A1560
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“ *Excellent - relaxing - educational - fun.
Very knowledgeable teacher.* ”

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: 52674

Wed, 3/15/17 - 4/5/17

6:30pm – 7:30pm

RM: A1560

NEW Yoga for Excellent Posture

Yoga can improve posture, strengthen the core and lengthen the spine allowing you to retain your youthfulness, breathe more fully, prevent and treat back issues, feel more confident, and even look more attractive. This course will introduce you to gentle yoga to improve poor posture, help prevent postural issues and change habitual patterns that lead to future problems. You will learn how to walk, stand, sit, move, and even sleep to achieve excellent posture. All levels of yoga are welcome. 4.8 Contact Hours, \$79, Sharon Hills-Bonczyk, RYT-500

ID: 52684

Thur, 3/2/17 - 3/9/17

6:00pm – 8:00pm

RM: S2330

NEW Ayurveda: Yoga for Your Dosha - See page 6

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.

Explore our MIND programs on page 20.



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.

Qi-ssage with Spring Forest Qigong

There are a number of “healing buttons” you can press that can help release stress, relieve pain, prevent a cold, increase your energy and help you to heal faster and more completely from illness. These “healing buttons” are actually energy points from the 12 major energy channels in your body and the hundreds of energy points all over your body. Each of these points affects the balance and flow of your body's energy. However, only a couple dozen of these hundreds of energy points are vitally important in helping you heal and in helping you experience and maintain your optimal health and wellness. In Qi-ssage you learn how to stimulate these key energy points with your fingers, hands, and drawing the healing energy from the source love. You will learn to stimulate them in a specific order that will enhance the benefits. *Participants will receive a Qi-ssage manual, DVD and audio file.* 8.4 Contact Hours, \$239, Jacqueline Gran

ID: 52421

Sat, 3/25/17

8:30am – 4:30pm

RM: P1838

mindfulness and meditation

Certificate in Meditation

This program is designed to help you discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being. A wide-variety of meditation techniques will be covered including: Transcendental Meditation™; guided imagery and visualization meditation; Vipassana meditation; walking meditation; laughter meditation and more. 8 Contact Hours, \$99, Caroline Young, MPH and Cyndie Koopsen, RN, MBA

Online class – starts every month (1/8, 2/15, 3/15, 4/12, 5/17, 6/14)

NEW Mind Shift: Change Your Mind, Change Your Life

Discover brain “states” that underlie our mental states of happiness, love and wisdom. This course will help you use your mind to change your brain for the better and improve your whole being and every other person whose life you touch. Small positive actions every day can add up to large changes over time as you gradually become more present to your life. Through the use of images, music, group interaction, and the newest information on the brain, we will all ride the wave of transformation together. 2.4 Contact Hours, \$49, Sharon Sebring, RYT-200

ID: 52698

Wed, 2/15/17

6:00pm – 8:00pm

RM: P1844

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

Master Chunyi Lin

NEW Spring Forest Qigong for Animals

This unique program allows people from all backgrounds to learn the basics of Spring Forest Qigong in regards to helping animals with their health and healing. Learn the know-how to use Qigong to remove energy blockages, plus effective and simple techniques to alleviate common animal health issues and improve the animal's overall wellness. 8.4 Contact Hours, \$149, Jacqueline Gran and Gadu Schmitz

ID: 52568

Sat, 6/10/17

8:30am – 4:30pm

RM: P1838

Jacqueline Gran is a Certified SFQ Master Healer and Certified Master Teacher SFQ levels 1 & 2. Jaci serves as Master Healer providing both qigong and Qi-sage appointments, participates as a Master Healer in the Healing Circles and teaches active exercise and meditation classes.



Master Gadu (Katsushi F. Schmitz) is a Certified Instructor for Level 1 & 2 and Master Healer, runs a weekly practice group called “Heart of Tao Healing Circle” and is a Tao Shiatsu Level 1 practitioner.

“ *In the Art of Mindfulness, I learned some
valuable tools to use in everyday life.* ”

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: 52422

Wed, 2/1/17 - 2/22/17

6:00pm – 7:30pm

RM: P1840

NEW Meditation in the Kriya Yoga Tradition

Learn foundational philosophy, lifestyle guidelines, and two introductory practices — a concentration technique of Paramahansa Yogananda's Kriya Yoga tradition as well as a method for meditation on the Inner Sound. The training helps to convey thorough understanding of what meditation is from a spiritual perspective, how it works from a scientific one, and why incorporating it into daily practice is relevant for personal growth, optimal health, and enduring happiness. 6 Contact Hours, \$149, Rev. Alan Pritz

ID: 52673

Sat, 4/8/17

9:00am – 3:30pm

RM: P1810



NEW Qigong Sampler

2.1 Contact Hours, \$39, Linda Ebeling

ID: 52685 Sat, 1/28/17 1:00pm – 2:45pm RM: S2330

NEW Shibashi Set 2 Workshop

1.8 Contact Hours, \$29, Patricia Gonzales

ID: 52565 Sat, 2/11/17 1:00pm – 2:30pm RM: S2330

ID: 52686 Sat, 4/1/17 1:00pm – 2:30pm RM: S2330

Depth of Fan Workshop

1.8 Contact Hours, \$29, Linda Ebeling

ID: 52687 Sat, 3/4/17 1:00pm – 2:30pm RM: A1560

ID: 52688 Sat, 4/15/17 1:00pm – 2:30pm RM: S2330

Taijichuan Push Hands

2.4 Contact Hours, \$49, Keith Root

ID: 52689 Wed, 3/8/17 7:00pm – 9:00pm RM: A1560

ID: 52690 Sat, 3/11/17 1:30pm – 3:30pm RM: A1560

Radiant Lotus Qigong Workshop

1.2 Contact Hours, \$24, Linda Ebeling

ID: 52691 Sat, 1/28/17 3:00pm – 4:00pm RM: S2330

Tai Chi Chuan is a gentle, refined exercise that offers many healing benefits to people of all ages and physical abilities. Tai Chi is a slow and rhythmical form of exercise that stems from the martial arts and the ancient practice of Qigong (chi kung). Tai Chi can improve overall health and well-being and manage specific health concerns such as diabetes and arthritis and increase flexibility, muscle strength, heart and lung capacity, posture, balance and stress.

One World. One Breath.

World Tai Chi and Qigong Day

Join the celebration! At 10:00am around the world, people will gather together to practice, creating a 24-hour wave of tai chi. At Normandale, we will have group practice, demonstrations, breakout sessions, and lots of fun.



Saturday April 29, 2017

10:00am – 12:45pm

ID: 52431 • RM: A1500

FREE

tai chi classes

Beginning	Tai Chi for Arthritis and Balance				
	ID: 52596	Mon, 1/30/17 - 3/6/17	7:00pm – 8:00pm	Root	\$65
	ID: 52597	Mon, 3/20/17 - 4/24/17	7:00pm – 8:00pm	Root	\$65
	ID: 52594	Sat, 1/28/17 - 3/4/17	10:00am – 11:00am	Gonzales	\$65
	ID: 52595	Sat, 3/11/17 - 4/22/17	10:00am – 11:00am	Gonzales	\$65
	Tai Chi for Arthritis and Balance Part 2				
	ID: 52566	Sat, 1/28/17 - 3/4/17	11:00am – 12:00pm	Gonzales	\$65
	ID: 52567	Sat, 3/11/17 - 4/22/17	11:00am – 12:00pm	Gonzales	\$65
	Intro to TCM & 5 Element Theory				
	ID: 52601	Tue, 3/28/17 - 5/16/17	7:30pm – 8:30pm	Ebeling	\$85
	ABC of Tai Chi - Intro to Yang Style				
	ID: 52605	Thur, 1/26/17 - 3/2/17	6:30pm – 7:30pm	Root	\$65
	ID: 52606	Thur, 3/16/17 - 4/20/17	6:30pm – 7:30pm	Root	\$65
	Radiant Lotus Women's Qigong				
	ID: 52600	Tue, 2/7/17 - 3/21/17	7:30pm – 8:30pm	Ebeling	\$65
Intermediate/Advanced Tai Chi	Shiba Louhan Qigong Level 2				
	ID: 52599	Tue, 2/7/17 - 5/2/17	6:30pm – 7:30pm	Ebeling	\$120
	Pushing-Sensing Hands				
	ID: 52590	Sat, 1/21/17 - 4/8/17	11:00am – 12:00pm	Root	\$120
	Five Animal Frolics Qigong Theory				
	ID: 52602	Wed, 2/8/17 - 4/5/17	6:30pm – 7:30pm	Ebeling	\$85
	Sun Style 97 Form				
	ID: 52593	Sat, 1/28/17 - 4/22/17	9:00am – 10:00am	Gonzales	\$120
	Advanced TCA, Part 1 and 2				
	ID: 52564	Wed, 4/12/17 - 5/17/17	6:30pm – 7:30pm	Ebeling	\$65
	Longevity Qigong				
	ID: 52603	Wed, 2/8/17 - 3/22/17	7:30pm – 8:30pm	Ebeling	\$65
	Shibashi Qigong				
	ID: 52604	Wed, 3/29/17 - 5/3/17	7:30pm – 8:30pm	Ebeling	\$65
	Yang Style 24 Form				
	ID: 52608	Thur, 1/26/17 - 4/13/17	7:30pm – 8:30pm	Root	\$120
	Yang Style Short Form				
	ID: 52598	Mon, 1/30/17 - 4/24/17	8:00pm – 9:00pm	Root	\$120
	ID: 52591	Sat, 1/21/17 - 4/8/17	10:00am – 11:00am	Root	\$120
	Yang Style Long Form				
	ID: 52592	Sat, 1/21/17 - 4/8/17	9:00am – 10:00am	Root	\$120

* check website for specific dates and rooms

tai chi certifications



Tai Chi Teacher Certification

The Tai Chi Certified Teacher Training Programs are intended for certified exercise instructors, tai chi practitioners, and healthcare professionals to enhance

wellness programs. Designed by Dr. Paul Lam, Tai Chi for Arthritis is endorsed by Arthritis Foundations, and increases movement, while protecting damaged joints.



Tai Chi for Arthritis - Teacher Certification 1

This twelve movement Sun Style tai chi form was designed by Dr. Paul Lam and associates, and is easy to learn, effective and safe. It increases heart/lung activity, aligns posture, improves balance and integrates mind and body. Upon completion of this program, you will be certified as a Tai Chi for Arthritis Instructor for 2 years. No prerequisite is required. *Note: An instructional DVD will be sent prior to the workshop.* 16.8 Contact Hours, \$275, Linda Ebeling and Trish Gonzales

ID: 52700

Sat, 5/6/17

8:30am – 4:30pm

RM: S2330

& Sun, 5/7/17

Linda Ebeling, CTCA, CTCD, CSTC, is a certified tai chi and qigong instructor and a Master Trainer for Tai Chi for Health Institute. Certified in Sun, Yang and Chen style tai chi forms, she is one of the few certified instructors for Radiant Lotus Women's Qigong in the US. Linda is also a board member of the Tai Chi for Health Community.



Keith Root, CTCA, CTCD, CFHTCC, has been studying Tai Chi since 1994 and teaching since 2000. In 2001 he began working with Paul Lam and Russ Smiley on the Tai Chi for Health Programs and became a Senior Trainer for Paul Lam in 2007. Keith has also been certified by Sifu Fong Ha in the Yang Style Taijichuan and Yichuan in 2012.

Trish Gonzales, RN, MS, TCHI, Senior Trainer, has studied tai chi for 15 years and is a Senior Trainer with the Tai Chi for Health Institute. She enjoys teaching Qigong exercises and Sun Style Tai Chi but has also developed proficiency with some of the Yang forms as well. Her approach to teaching shows her joy and enthusiasm for tai chi.



Harvard Health Publications (Dec. 2015)

"A growing body of carefully conducted research is building a compelling case for tai chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with age," says Peter M. Wayne, assistant professor of medicine at Harvard Medical School and director of the Tai Chi and Mind-Body Research Program at Harvard Medical School's Osher Research Center.

NEW Tai Chi for Rehabilitation Instructor Training

Designed for physical therapists and those who teach participants with chronic conditions or limited mobility. It consists of three different tai chi styles, Chen, Yang, and Sun style, with slow, gentle movements to promote health and healing and is done in a relaxing setting. It can be done lying down, sitting or standing. You will enjoy learning this short but beautiful set of tai chi and it's healing energy. Certification is open to everyone but does have pre-requisites. See website for additional information. 18 Contact Hours, \$250, Linda Ebeling and Jeannine Robinett

ID: 52701

Sat, 3/25/17 & Sun, 3/26/17

8:30am – 4:30pm

RM: S2330

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: 53124

Sat, 1/21/17

12:30pm – 1:30pm

RM: S2330

ID: 53125

Sat, 3/4/17

12:30pm – 1:30pm

RM: S2330

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

healthcare and medical



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. *Health records, immunizations, background check and other documentation activities are prerequisites to beginning the course. Please visit website for full details.* 170 Contact Hours, \$1,360, Leanne Meier, RN

ID: 52369	Sat, 1/21/17 - 3/25/17	8:00am – 1:00pm	RM: S2333
ID: 52370	Sat, 4/22/17 - 7/8/17	8:00am – 1:00pm	RM: S2333

Trained Medication Aide (TMA) Certificate

This 48-hour course meets the state Medication Administration for Unlicensed Personnel criteria. Participants will learn how to read medication records, prepare and administer medications, assist patients with self-administration, document administration, and report to nurses and authorized persons. Upon successful completion of this course, participants will receive a Trained Medication Aide (TMA) certificate. 57.6 Contact Hours, \$500, Jean Jorlett, RN, MS. Location: MN Masonic Home Care Center, see website for directions.

ID: 52371 Tue & Thur, 4/3/17 - 5/25/17 9:00am – 12:00pm

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. Expertise in this growing area of human services also enhances your resume. 32 Contact Hours, \$495, Pamela Atwood, MA, CDP

ID: 52442 Online class – 2/6/17 – 3/3/17

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 pets to people), and tickborne diseases. See website for more details. 13 Contact Hours, \$78

Online class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

“ *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: 52368

Sat, 2/25/17

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: 52364

Wed, 1/25/17

5:30pm – 9:00pm

RM: A1570

ID: 52365

Wed, 3/15/17

5:30pm – 9:00pm

RM: A1570

ID: 52366

Wed, 4/19/17

5:30pm – 9:00pm

RM: A1570

ID: 52367

Sat, 6/3/17

8:30am – 12:00pm

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, \$3,495



ID: 52669 Online class – 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, \$2,995

ID: 52672 Online class – 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, \$1,995

ID: 52666 Online class – start anytime

Medical Career Information Session

ID: 52405 • Thur, 4/27/17 • 6:00pm - 8:00pm
RM P1844

To register, visit normandale.edu/CE
or call 952-358-8343

FREE

There will also be an information session from 1:00pm – 3:00pm
on April 28 at the Minnesota Workforce Center.
Register at www.mn.gov/deed/hsworkshops or call 952-703-7730.

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, \$2,995

ID: 52668 Online class – 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, \$2,695

ID: 52667 Online class – start anytime

NEW ICD-10 for ICD-9 Coders

WIOA 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. 137 Contact Hours, \$695

ID: 52670 Online class – start anytime

Free Laptop, iPad, or Kindle Fire

For these qualifying programs:

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

Students who pay in full up front for the following programs are eligible for a promotional item or discount before April 30, 2017. Payment plans available, call 952-358-8343 for details.

A photograph showing three healthcare professionals in a meeting. A woman in a white lab coat and glasses is seated in the center, gesturing with her hands while speaking. To her left, another woman is seen from the back, and to her right, a third woman is seated, listening. They are in a bright room with large windows in the background.

"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 class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

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 class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

NEW Certificate in End of Life Care

The Certificate in End-of-Life Issues 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 class – starts every month (1/18, 2/15, 3/15, 4/12, 5/17, 6/14)

NEW Practice Facilitation Certificate

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

In addition to weekly online classes and industry guest lecturers, participants will engage in a 40-hour practicum experience to gain real-work experience and exposure to practice facilitation activities and concepts.



MN Consortium for Practice Facilitation

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

ID: 51358

Thur, 2/9/17 & Fri, 2/10/17

8:30am – 4:30pm

Teleconference – Thurs, 2/16/17 - 5/4/17

3:00pm – 4:30pm



HIGH Demand for HYBRID Skills

Jobs are becoming less about the defined role and more about one's ability to contribute in smart and thoughtful ways – regardless of the job title. **Employers value “thinkers” and “doers”** who can analyze data, information, situations and translate that into insight. They seek individuals who have a mind for process improvement and customer appreciation – and can work with technology in savvy and updated ways. All roles in healthcare now require these hybrid skills in order to deliver high-quality care.

Normandale offers a wide-variety of **professional trainings and certifications** to help you build hybrid skills like change management, Scrum, Six Sigma, project management, data analytics and technology, health IT, plus much more. Visit www.normandale.edu/ce to see our programs.



ACT HealthIT

FREE Training!
**For All U.S. Healthcare
Workers**

Through a federal grant, the ACT Health IT Program is offering healthcare professionals and those working at a healthcare-related organization an opportunity to learn more about what's driving significant change in the industry. Individuals can focus their training on what is appropriate for their role in an organization or for their own career goals. Certificate tracks provide a comprehensive understanding of a topic, however trainees are welcome to take as many or as few courses as they would like.

Learning Delivery: Classes are offered online, self-paced, and learning coach supported.

Class Schedule: Classes begin every two-weeks and range between 2-11 learning hours.

CME/MOC

ACT Health IT courses have been approved for **AMA PRA Category 1 Credits™**.

There is a one-time fee for CME/MOC credits.

FREE

Healthcare Data Analytics Certificate

Understanding Healthcare Data Analytics (HDA1.UHDA)

8 hours, 8 CME Credits

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.

Clinical Data Analytics and the Learning Health System (HDA2.CDA)

9.5 hours, 9.5 CME Credits

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 sponsored by the **ONC**
(Office of the National Coordinator for
Health Information Technology)

Population Health Certificate

Population Health Policy (PH1.PHP)

8 hours, 6 CME Credits

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.

Population Health Data Analytics (PH2.PHDA)

9 hours, 7.5 CME Credits

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.

Population Health Interventions (PH3.PHI)

11 hours, 9 CME Credits

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

The Business of Value-Based Care (VBC1.BVBC)

8 hours, 8.25 CME Credits

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.

Applications of Value-Based Care (VBC2.AVBC)

7 hours, 6.75 CME Credits

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.

Negotiating Contracts for Value-Based Care (VBC3.CVBC)

2 hours, 2 CME Credits

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.

Enroll and view CME/MOC details at www.MNHealthIT.com/act.html

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



health information technology



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 facilitated.

Class Schedule: Classes are five weeks long and start every six weeks: 2/8/17, 3/22/17, 5/3/17

MNHIT Level 1 Certificate

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. 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

Health IT Professional Certificate

WIOA Approved

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



MNHIT Level 2 Certificate

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. 8.75 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. 8.75 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. 8.75 CEU, \$195

MNHIT Level 3 Certificate

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. 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 prerequisite: WKFL.* 8.75 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.* 8.75 CEU, \$255

Be a part of the
Healthcare
Transformation



"As a leader in the evolution of training for healthcare workers, Normandale is one of a handful of higher ed organizations that has kept up with industry's rapid pace of change." —Dr. Kevin Larsen, Centers for Medicare and Medicaid Services (CMS)



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

ID: 52022 Online class – 3/6/17 - 3/31/17

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. 1.2 CEU, \$109/each class, Mary Zieland, MA

Level 1: ID: 52409	Mon, 2/27/17 - 4/3/17	4:30pm – 6:30pm	RM: P1838
Level 2: ID: 52410	Mon, 4/17/17 - 5/22/17	4:30pm – 6:30pm	RM: P1838
Level 3: ID: 52411	Mon, 2/27/17 - 4/3/17	6:45pm – 8:45pm	RM: P1838
Level 4: ID: 52412	Mon, 4/17/17 - 5/22/17	6:45pm – 8:45pm	RM: P1838

Levels 5 & 6 will be offered in Summer 2017

Get Certified

Show the world your skills!

Earn an Integrative Health & Healing Certificate at Normandale.



- Holistic Nutrition Certificate
- 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
- Health IT Certificates
- ...and many more



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ACTION faster!

MN Compression Planning Institute

May 17 - 19

Normandale Community College

FREE INFO SESSIONS:

Thursday, March 16

11:30am – 1:00pm • RM: P1844 • ID: 52402

Thursday, April 20

11:30am – 1:00pm • RM: P1844 • ID: 52403

See website for additional info session dates.



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

Winter Warm-up for Body, Mind & Spirit

Free Event

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

Saturday, 2/11/17
10:00am – 12:00pm

see inside front cover for details



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One World. One Breath.

World Tai Chi and Qigong Day

Saturday April 29, 2017

10:00am – 12:45pm

ID: 52431 • RM: A1500

FREE

See page 22 for details