

normandale

integrative & holistic
continuing health
education

fall 2018

certificates • workshops • online



2

Holistic Nutrition



4

Ayurveda



12

Energy Medicine



16

Tai Chi



18

Healthcare and Medical

Fall into Wellness



Join other like-minded people as you sample some of our most popular holistic health and wellness programs. The day of event features **FREE**:

- 50-minute workshops running concurrently on the hour
- 50 fitness and fun tips for your health
- Up to \$50 in door prizes and raffles

Saturday, September 22 • 10:00am – 1:00pm • Partnership Center

ID: 59089 (Register online at www.normandale.edu/ce/classes)

Bring your friends and make new ones!

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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

This certificate focuses on real nutrition to nourish the body, mind and spirit. It answers questions such as: Which foods are highest in particular nutrients and how do they function in the body? What are the seven most deficient nutrients in the American diet? How does the nutrient value of wild foods compare to that of marketed foods? When do nutritional supplements become advisable? Which nutrients support good mood, nervous calm, immunity, bone density, sound sleep, and endocrine function? **2.5 Contact Hours and \$49 per session or 20 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 seven major nutrient deficiencies of the modern-American diet will also be reviewed.

Part 1: ID: 59001	Mon, 9/10/18	6:30pm – 9:00pm	RM: P1844
Part 2: ID: 59002	Mon, 9/17/18	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**

Online – starts every month (9/12, 10/17, 11/14, 12/12)

Introduction to Natural Health and Healing

Learn to evaluate your current lifestyle and observe how your behaviors can affect your health. 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 – starts every month (9/12, 10/17, 11/14, 12/12)

Class 2: Macronutrients

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

Part 1: ID: 59003	Mon, 9/24/18	6:30pm – 9:00pm	RM: P1844
Part 2: ID: 59004	Mon, 10/1/18	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: 59005	Mon, 10/15/18	6:30pm – 9:00pm	RM: P1844
ID: 59006	Mon, 10/22/18	6:30pm – 9:00pm	RM: P1844

Class 5: Minerals

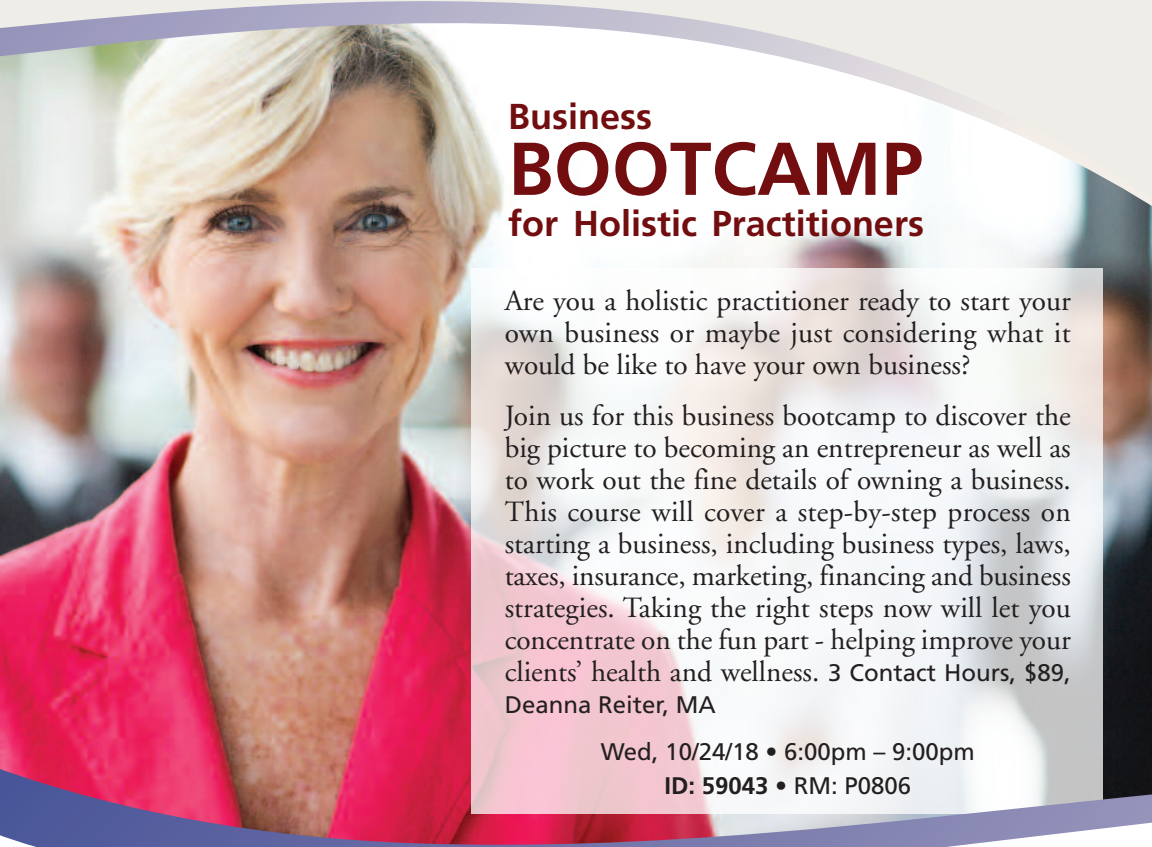
This class will discuss individual minerals, major food sources, supplemental forms, and optimal amounts.

ID: 59007	Mon, 10/29/18	6:30pm – 9:00pm	RM: P1844
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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: 59008	Mon, 11/5/18	6:30pm – 9:00pm	RM: P1844
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**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 Contact Hours, \$89, Deanna Reiter, MA

Wed, 10/24/18 • 6:00pm – 9:00pm
ID: 59043 • RM: P0806



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. **15 Contact Hours and \$249 for the certificate or 2.5 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 also be introduced and explained.

ID: 59032 Tue, 10/2/18 6:00pm – 8:30pm RM: P1840

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

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

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. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 59038 Tue, 11/13/18 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. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 59039 Tue, 11/20/18 6:00pm – 8:30pm RM: S2326

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. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 59040 Tue, 11/27/18 6:00pm – 8:30pm RM: P1840

Class 2: Diet and Nutrition

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

ID: 59033

Tue, 10/9/18

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: 59034

Tue, 10/16/18

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: 59035

Tue, 10/23/18

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: 59036

Tue, 10/30/18

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: 59037

Tue, 11/6/18

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. 2.5 Contact Hours, \$59, Asavari Manvikar

ID: 59041

Tue, 12/4/18

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. **20 Contact Hours and \$355 for series or 2.5 Contact Hours and \$49 per session.**

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

You will learn about the energetic aspects of herbs 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: 59009 Wed, 9/12/18 6:30pm – 9:00pm RM: P1844

Part 2: ID: 59010 Wed, 9/19/18 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: 59011 Wed, 9/26/18 6:30pm – 9:00pm RM: P1844

Part 2: ID: 59012 Wed, 10/3/18 6:30pm – 9:00pm RM: P1844

Holistic Health Assessment - An Herbal Perspective

Learn to assess a person's overall health using holistic-evaluation techniques. Designed as an advanced course following the Herbalism Series. *See website for full course description and details.* **Materials: Lighted magnifier, available at class (\$10).** 2.5 Contact Hours, \$49, Matthew Alfs

ID: 59018 Wed, 11/14/18 6:30pm – 9:00pm RM: P1844

Wild Plant Walk: Identification for Food & Medicine

Learn to identify and appreciate basic edible and medicinal uses of wild plants and shrubs of late summer and early autumn. You will explore plant life in Normandale's expansive natural setting and learn how to utilize them for food and medicine. 2.5 Contact Hours, \$49, Matthew Alfs

ID: 59090 Tue, 9/11/18 5:00pm – 7:30pm RM: P1840

“ 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

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: 59013 Wed, 10/10/18 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: 59014 Wed, 10/17/18 6:30pm – 9:00pm RM: P1844

Class 5: Herbs for Digestion and Elimination

Explore herbs that can help the digestion and elimination process.

ID: 59015 Wed, 10/24/18 6:30pm – 9:00pm RM: P1844

Class 6: Herbs for the Cardiovascular System

Discover herbs that support the heart and circulation.

ID: 59017 Wed, 11/7/18 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, author of numerous articles on herbal therapy.



NEW Embracing Life and Navigating Change with Essential Oils

With essential oils as the foundational tool, this two-session course will address how aromatherapy can support mindset, emotions and life transitions. Explore life changes (career, divorce, empty nester syndrome, health, injury, unemployment) in a holistic manner and learn empowerment processes to help you impact an overall positive life outlook—meeting your best self while doing so. 5 Contact Hours, \$89, Marita Rahlenbeck

ID: 59454 RM: P0838
Wed, 10/3/18 & 10/10/18 6:00pm – 8:30PM





The Happiness Practice

Conventional wisdom would have us believe that our happiness occurs at the whim of outside forces. Or, that if we were constantly positive, we'd be happy. According to the founders of Experience Happiness, happiness is the result of our ability to cultivate serenity and excitement within ourselves. When we practice happiness, we feel better. And when we feel better, we do better—at home, at school and at work. The practice measures burnout, happiness, resilience, innovation, and sustainability to show the return on happiness. And it's reaping huge rewards not only for organizations, but employees too.

FREE Happiness 101

We seek happiness all of our lives, yet struggle to understand what it is and how to cultivate it. In this workshop, you'll explore the impact stress and happiness have on physical, emotional and behavioral well-being. Learn how you can cultivate authentic happiness in your own life. Nancy O'Brien and Linda Saggau, co-founders of Experience Happiness

ID: 59132

Wed, 10/10/18

6:00pm – 8:00pm

RM: P0806

emotional freedom techniques

This certificate provides you with an interactive overview of EFT tapping in an approachable and easy-to-follow way. 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 in 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. 12 Contact Hours, \$345, Valerie Lis, EFT, MA

ID: 59042

Tue, 10/23/18 - 11/13/18

6:00pm – 9:00pm

RM: P0838



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

“ Exciting and uplifting,
the world needs to know about this! ”

NEW 30-Day Happiness Practice

A powerful experience for those who want to shift from stressed out and burned out to happy and productive. You will start by taking the Burnout & Happiness assessment; learn the links between happiness and performance; understand the toll unmanaged stress has on well-being; discover how to measure the impact of happiness; and move through the simple, yet powerful and proven Happiness Practice in 30 days. 5 Contact Hours, \$150, Nancy O'Brien and Linda Saggau, co-founders of Experience Happiness

ID: 59134	Wed, 11/7/18 & 11/28/18	6:00pm – 7:30pm	RM: P1840
	Wed, 11/14/18 & 11/21/18	6:00pm – 7:00pm	Virtual Sessions

Nancy O'Brien and Linda Saggau, co-founders of Experience Happiness, help people and organizations reduce unhealthy stress and burnout while cultivating greater happiness in their life and work through their research-based framework called The Happiness Practice.



muscle testing

The Art of Muscle Testing Certificate

Muscle testing can be used to test for food and substance sensitivities, emotional imbalances and general pain relief for yourself and others. **8 Contact Hours and \$169 for the certificate or 2 Contact Hours and \$49 per class, Melissa Dirtzu, RYC-200**

Class 1: The Art of Muscle Testing 101

Learn how to test four different muscles to ensure 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 need support.

ID: 59044	Thur, 11/1/18	6:00pm – 8:00pm	RM: P1840
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Class 2: Food and Substance Muscle Testing

Learn which foods/substances strengthen or cause stress to your body. Bring in food, vitamins and essential oils for practicing muscle testing in class.

ID: 59045	Thur, 11/8/18	6:00pm – 8:00pm	RM: P1840
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Class 3 & 4: Emotional Balancing

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.

Part 1: ID: 59046	Thur, 11/15/18	6:00pm – 8:00pm	RM: P1840
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Part 2: ID: 59047	Thur, 11/29/18	6:00pm – 8:00pm	RM: P1840
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Healing Touch uses gentle, heart-centered touch to assist in balancing physical, emotional, mental and spiritual well-being. It enhances the body's natural ability to heal through the human energy centers and energy bio field. This continuing nursing education activity has been approved and endorsed by the American Holistic Nurses Association.

Class 1: Foundations of Healing Touch

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.* 16 Contact Hours, \$335 (workbook included), Sheila Judd, MA, CHTP, CHTI and Barb Schommer, RN, MS, CHTP, CHTI

ID: 59029	Fri, 9/7/18	8:00am – 5:00pm	RM: P1838
	& Sat, 9/8/18	8:00am – 4:00pm	
ID: 59030	Fri, 11/30/18	8:00am – 5:00pm	RM: P1840
	& Sat, 12/1/18	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. Learn 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.* 7 Contact Hours, \$150

ID: 59019	Sat, 10/13/18	8:00am – 4:00pm	RM: P1838
ID: 59021	Sat, 11/3/18	8:00am – 4:00pm	RM: P1838

Reiki Energy Therapy Level 2

This course provides advanced skills in Reiki Energy Therapy for the level 1 practitioner. Increase the power and versatility of the use of Reiki to strengthen and enhance the therapy and your ability to handle more complex situations. Upon completion of this course, you will be certified as an Advanced Practitioner with greater capabilities and ability to transmit the Reiki life force. *Please bring a bag lunch and pillows, towels, and/or mat. Prerequisite: Certification in Reiki Energy Therapy I.* 7 Contact Hours, \$150

ID: 59020	Sat, 12/1/18	8:00am – 4:00pm	RM: P1838
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“ This wonderful class exceeded my expectations with joy, humor, energy, clarity and knowledge. ”

Class 2: Energetic Patterning & Clinical Application

Integrate the 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 your development as a Healing Touch practitioner. *Prerequisite: completion of Class 1: Foundations of Healing Touch.* 16 Contact Hours, \$295 (bring workbook from Class 1), Barb Schommer, RN, MS, CHTP, CHTI

ID: 59031

Fri, 10/12/18
& Sat, 10/13/18

8:00am – 5:00pm
8:00am – 4:00pm

RM: P0806

Barb Schommer, RN, MS, CHTP, CHTI, is a Certified Healing Touch Instructor. She draws on her 45-year career as a public health nurse, combining standard medical care with energy therapy.



Learning Well

on Edge Talk Radio

First Tuesday of the Month – 6 pm to 7 pm

September 4 **Cells Are the New Cure** – Dr. Robin Smith

October 2 **The Other Brain** – Dr. Douglas Fields

November 6 **Slow Medicine: Hope and Healing for Chronic Illness** – Dr. Michael Finkelstein

December 4 **The Other Side of Impossible** – Susannah Meadows

Host **Elise Marquam Jahns** engages local and national thought leaders on integrative health topics. Elise is co-author of *Creating Choices: How Adult Children can turn Today's Dreams into Tomorrow's Reality*, 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



Energy Medicine Certificate

This 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. **49 Contact Hours and \$875 for the certificate or 7 Contact Hours and \$145 per class.**

Class 1: The Holistic Process: What Is Energy Work

You will learn the exciting fundamentals of energy and major energetic systems, how they work, as well as the leading-edge research substantiating their existence and functions. Discover what diseases, conditions, and lifestyle issues are best addressed by which modalities.

ID: 59022 Sat, 10/13/18 9:00am – 4:00pm RM: P1840

Class 2: The Tools of the Energy Trade

There are many tools in the energy worker's toolbox: intuition, boundaries, ethics, intention, protection, prayer, grace, and more. Leave this class with a clear sense of your most important energy medicine tools and ways to apply them.

ID: 59023 Sat, 11/17/18 9:00am – 4:00pm RM: P1840

Understanding Empaths

Learn the characteristics, abilities, gifts and challenges that Empaths (perhaps yourself?) experience. Explore how energies of others affect your mood, body and health. Discussion topics: healing, energetic boundaries, intuition, specific techniques and mantras to weave into everyday life. 6 Contact Hours, \$149, Beth Jacobson, MS

ID: 59100 Thur, 10/4/18 - 10/18/18 6:00pm – 8:00pm RM: P1810

Basic Foundations of Psychic Development

Discover your psychic gifts and abilities, learn how to use them, and explore why it's important to cultivate them. Acquire useful information, techniques, and tools to support your health and wellness personally and professionally. 6 Contact Hours, \$149, Beth Jacobson, MS

ID: 59105 Thur, 11/1/18 6:00pm – 9:00pm RM: P1838

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



Classes 4-7 will be offered in Winter/Spring 2019
See website for course descriptions and dates.

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 well-being. 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: 59024

Sat, 12/15/18

9:00am – 4:00pm

RM: P1840

NEW Energetic Boundaries

Have you ever felt like a human sponge? Unable to differentiate between others' aches, pains, feelings, perceptions, and needs versus your own? We ARE our boundaries—specifically energetic boundaries. Learn the six types of energetic syndromes, the four types of needed boundaries, and techniques for assessing and establishing parameters. 7 Contact Hours, \$145

ID: 59127

Sat, 11/3/18

9:00am – 4:00pm

RM: P1840

Cyndi Dale is the president of Life Systems Services Corporation and an internationally recognized author of dozens of books on spiritual development, personal growth and energy healing.



NEW Awaken Your Power to Self-Heal

Over 75 percent of all primary health care visits are directly related to stress. In this workshop, you will learn the concepts and tools necessary to bring healing and awareness into your own life to reduce unwanted stress and increase your power to self-heal. This course is not a substitute for medical care, nor is it meant to diagnose or treat any medical condition. 2 Contact Hours, \$49, Steven Hiebert, DC

ID: 59498

Wed, 10/24/18

5:30pm – 7:30pm

RM: P1838

NEW “Be Yourself and Be Well” Self-Healing

This series will teach you the spiritual foundations of health and healing as outlined in Dr. Hiebert's book *Be Your Self and Be Well: Connecting With Your Soul's Power to Heal*. Explore the spiritual nature of healing at its deepest levels. Learn the concepts and techniques necessary to bring awareness into your own life. Develop a deeper appreciation for your true Self and acquire tools for staying centered and balanced during life's challenges. 6 Contact Hours, \$145, Steven Hiebert, DC

ID: 59499

Wed, 11/7/18 - 11/28/18

5:30pm – 7:30pm

RM: P1810

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.

mindfulness and relaxation



Hypnosis

OMNI Hypnosis training is the first and only ISO 9001 certified hypnosis training in the world. This form of hypnosis targets the root cause of a challenge, leading to permanent, sustainable, life change. It is a philosophy, an attitude, a clear, reproducible process to help people. Our instructor Amye Scharlau is the only OMNI trained hypnotist in Minnesota.

NEW OMNI Hypnosis Fundamentals Certificate

OMNI Hypnosis centers span the globe, including locations in Switzerland, Germany, Brazil, China, and Russia. And now you can experience OMNI training right here in Minneapolis. This one-day workshop will provide you with skills you can put to immediate use, enabling you to add hypnosis techniques seamlessly to any healing modality. 7 Contact Hours, \$190 Amye Scharlau, BCH, CI

ID: 59133 Sat, 10/20/18 8:30am – 4:00pm RM: P1840

NEW Sleep Deprivation Effects on the Mind and Brain

This workshop teaches the fundamental nature of our inner clock/circadian rhythms and how these processes play out in our waking lives and nocturnal sleep habits. You'll examine the nature of sleep, its evolutionary and biological purpose, and how sleep deficits adversely impact our attention, memory, mood, behavior and interpersonal relationships. 1.5 Contact Hours, \$39, Michael DeSanctis, CP, PhD

ID: 59125 Thur, 12/6/18 6:00pm – 7:30pm RM: P1840

NEW Identifying and Managing Sleep and Circadian Disorders

This workshop covers the range of sleep and circadian disorders as well as the available technology, screening tools and other metrics used to map these disorders. You will explore how to manage sleep disorders through personal wellness strategies, traditional Western interventions, and alternative and complementary approaches for improving sleep. 3 Contact Hours, \$69, Michael DeSanctis, CP, PhD

ID: 59126 Thur, 12/13/18 6:00pm – 9:00pm RM: P1840

NEW Working with the New Moon

The new moon offers us a fresh start and clean slate every month. Learning how to align with the natural timing of these rhythms can help you re-set your intentions and consciously invite supportive and healthy experiences into your life. You'll walk away with a fun and light-hearted practice of working with the inviting energies of the new moon. 3 Contact Hours, \$49, Brenda Palo

ID: 59502 Thur, 10/25/18 6:00pm – 9:00pm RM: P0806A

“ Great class! I learned a lot to
put into practice in my daily life. ”

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 Contact Hours, \$49, Amye Scharlau, BCH, CI

ID: 59106

Thur, 11/29/18

6:00pm – 9:00pm

RM: P0806A

NEW Relaxation Training: Re-energize, Refocus, Reduce Stress

Experience how relaxation techniques can help you manage challenges, stress, health, relationships, finances and distractions to feel more focused and at ease each day. This course is almost completely experiential—you will spend approximately 45 minutes in a guided relaxation session including breathing, muscle relaxation, guided imagery, and meditation, and the rest of the time will include discussion on relaxation and stress management. If you have ever struggled with relaxing, this guidance will help you maintain focus and enter a deeply relaxed state. 5 Contact Hours, \$89, Beth Freschi

ID: 59123

Mon, 10/1/18 - 10/29/18

6:30pm – 7:30pm

RM: P0806B

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. 6 Contact Hours, \$65, Mike Groth, MA

ID: 59099

Wed, 10/3/18 - 10/24/18

6:00pm – 7:30pm

RM: P1840

Mindfulness Qigong

You will learn how to use Qigong to enhance your awareness and transform unbalanced energy into something beautiful through meditation and movement. Experience how this practice will lead to improved life energy, a calm mind and mindful living by applying Spring Forest Qigong techniques to enhance health and develop mindful awareness of oneself. All levels of experience are welcome. 5.5 Contact Hours, \$129, Gadu Schmitz, MA

ID: 59124

Sat, 11/3/18

9:00am – 3:00pm

RM: P1840



Master Gadu (Katsushi F. Schmitz) was awarded Qigong Master in 2017 by Spring Forest Qigong's creator and founder Qigong Master Chunyi Lin. Gadu currently works at Spring Forest Qigong as a staff healer and teacher for various levels of courses, certifications, and workshops.



Instructor Certifications

NEW Tai Chi for Arthritis Instructor Certification Part 2

Designed for certified exercise instructors, tai chi practitioners, and healthcare professionals to develop or enhance wellness programs.



You will prepare for the class with a DVD of the form. *An instructional DVD TCA Part II is required prior to the workshop, see website for more information.* 7 Contact Hours, \$185, Linda Ebeling

ID: 59084 Sat, 11/3/18 8:30am – 4:30pm RM: S2330

NEW Tai Chi for Arthritis Instructor Certification Part 2 UPDATE

This program will update and refresh the Tai Chi for Arthritis Part 2 Instructor Certification. *See website for more details.* 7 Contact Hours, \$125, Linda Ebeling

ID: 59460 Sat, 11/3/18 8:30am – 4:30pm RM: S2330

Tai Chi for Rehabilitation Instructor Certification Update

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. You will enjoy learning this short but beautiful set of tai chi and it's healing energy. *See website for additional information and prerequisites.* 7 Contact Hours, \$125, Linda Ebeling

ID: 59459 Sun, 11/4/18 8:00am – 4:00pm RM: S2330

Depth of Fan Workshop

This workshop will review the Moving Stillness Fan form, refine technique, and add depth for students who have previously learned the complete form. 1.5 Contact Hours, \$49, Linda Ebeling

ID: 59073 Tue, 9/4/18 7:30pm – 9:00pm RM: S2330

Introduction to Radiant Lotus Women's Qigong

Designed for women, Radiant Lotus Qigong helps support menstrual and menopausal symptoms, breast health, rejuvenating skin, hair and bones, and brings a sense of self-empowerment and ability to cope with stress. 1.5 Contact Hours, \$49, Linda Ebeling

ID: 59078 Tue, 12/18/18 7:30pm – 9:00pm RM: S2330

NEW Radiant Lotus Rises

Learn the flowing 16 movements added to enhance the concepts and healing of Radiant Lotus Qigong. Connect with your empowered feminine nature in this powerful qigong created by Daisy Lee. *No prerequisites. All women welcome.* 6 Contact Hours, \$65, Linda Ebeling

ID: 59456 Wed, 9/12/18 - 10/24/18 6:30pm – 7:30pm RM: S2330

Beginning	ABC of Tai Chi - Intro to Yang Style				
	ID: 59097	Mon, 9/10/18 - 10/15/18	7:00pm – 8:00pm	Soderberg	\$65
	ID: 59098	Mon, 10/22/18 - 12/3/18	7:00pm – 8:00pm	Soderberg	\$65
	Five Animal Frolics Qigong				
	ID: 59077	Tue, 9/11/18 - 10/23/18	6:30pm – 7:30pm	Ebeling	\$65
	Shibashi Qigong				
	ID: 59074	Sat, 9/8/18 - 10/13/18	10:00am – 11:00am	Gonzales	\$65
	ID: 59494	Wed, 11/7/18 - 12/19/18	6:30pm – 7:30pm	Ebeling	\$65
	Tai Chi for Arthritis - Part 1				
	ID: 59080	Thur, 9/13/18 - 10/18/18	6:30pm – 7:30pm	Gonzales	\$65
	ID: 59081	Thur, 10/25/18 - 12/6/18	6:30pm – 7:30pm	Gonzales	\$65
	Shiba Luohan - Level 1				
	ID: 59079	Tue, 11/13/18 - 12/18/18	6:30pm – 7:30pm	Ebeling	\$65
	Tai Chi for Diabetes				
	ID: 59085	Sat, 10/20/18 - 12/15/18	10:00am – 11:00am	Gonzales	\$65
	Tai Chi for Health				
	ID: 59087	Sat, 9/8/18 - 10/13/18	11:00am - 12:00pm	Gonzales	\$65
	ID: 59088	Sat, 10/20/18 - 12/15/18	11:00am - 12:00pm	Gonzales	\$65
	Tai Chi for Arthritis - Part 2				
	ID: 59082	Thur, 9/13/18 - 10/18/18	7:30pm - 8:30pm	Gonzales	\$65
	ID: 59083	Thur, 10/25/18 - 12/6/18	7:30pm - 8:30pm	Gonzales	\$65
Intermediate/Advanced Tai Chi	Advanced Sun Style Tai Chi				
	ID: 59495	Sat, 9/8/18 - 12/15/18	9:00am - 10:00am	Gonzales	\$120
	Sword - Part 1				
	ID: 59474	Thur, 9/13/18 - 12/6/18	7:00pm - 8:00pm	Soderberg	\$120
	Tai Chi for Energy				
	ID: 59086	Wed, 9/12/18 - 12/19/18	7:30pm - 8:30pm	Ebeling	\$120
	Two Person Work				
	ID: 59496	Sat, 9/8/18 - 12/8/18	11:00am - 12:00pm	Soderberg	\$120
	Yang 24				
	ID: 59096	Tue, 9/11/18 - 12/11/18	7:30pm – 8:30pm	Ebeling	\$120
	Yang Style Short Form				
	ID: 59075	Sat, 9/8/18 - 12/8/18	10:00am – 11:00am	Soderberg	\$120
	ID: 59094	Mon, 9/10/18 - 12/3/18	8:00pm – 9:00pm	Soderberg	\$120
	Yang Style Long Form				
	ID: 59076	Sat, 9/8/18 - 12/8/18	9:00am – 10:00am	Soderberg	\$120
	ID: 59095	Thur, 9/13/18 - 12/6/18	8:00pm – 9:00pm	Soderberg	\$120

* check website for specific dates and rooms

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.

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. 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 and prerequisites.* 80 Hours, \$2,195, Hennepin Health Faculty

ID: 59051

Tue & Thur, 9/11/18 – 11/15/18 12:30pm – 4:30pm RM: P0806

NEW Certificate in Infectious Diseases and Infection Control

Learn 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, and tickborne diseases. 24 Contact Hours, \$119, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online – start every month (9/12, 10/17, 11/14, 12/12)

NEW Certificate in Pain Assessment and Management

Examine key issues related to pain assessment and management to obtain relevant and practical information needed for improving your healthcare practice and providing the most effective care to your patients. 12 Contact Hours, \$99, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online - starting every month (9/12, 10/17, 11/14, 12/12)

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.

BLS for Healthcare Providers - American Heart Association

The Basic Life Support (BLS) 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 and effective manner. 7 Contact Hours, \$109, Cindy Carow-Schiebe

ID: 59048	Sat, 10/13/18	8:00am – 3:00pm	RM: A1570
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BLS for Healthcare Providers – Renewal

This course is a review of the skills and knowledge covered in the BLS for Healthcare Provider (AHA) course. *See website for course description.* 3.5 Contact Hours, \$56, Normandale Faculty

ID: 59049	Wed, 9/19/18	5:30pm – 9:30pm	RM: A1570
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ID: 59050	Wed, 11/14/18	5:30pm – 9:30pm	RM: A1570
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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.* 168 Contact Hours, \$1,395, Leanne Meier, BSN, RN

ID: 58835	Sat, 9/8/18 - 11/10/18	8:00am – 1:00pm	RM: S2333
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Leanne Meier, BSN, RN, has been a registered nurse since 1976 and is a former Normandale Community College RN Refresher Course graduate. She has worked in all areas of hospital nursing: ICU, Medical/Surgical, ED, Hospice, Pediatrics, OR, and is specialized in Obstetric Nursing and Education.

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: 58875	Online – 9/4/18 - 10/26/18
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Certificate in Healing Environments for Body, Mind, and Spirit

In this innovative certificate program, examine how Optimal Healing Environments (OHEs) impact the health of individuals and communities on a physical, social, psychological, and spiritual level. 16 Contact Hours, \$109, Cyndie Koopsen, RN, MBA

Online - starting every month (9/12, 10/17, 11/14, 12/12)

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. Ideal for healthcare professionals and nurses or anyone interested in learning more about brain health and how it can foster health, happiness and well-being. 10 Contact Hours, \$109, Cyndie Koopsen, RN, MBA and Caroline Young, MPH

Online - starting every month (9/12, 10/17, 11/14, 12/12)

medical career programs



Professional Medical Coding and Billing **WIOA Approved**

Master medical terminology, documentation, confidentiality, ethics, healthcare structure, pharmacology, disease processes, diagnostic coding and healthcare reimbursement and more. This program prepares students to sit for the CCA (AHIMA) and/or CPC (AAPC) certification exams. Exam voucher included. 640 Contact Hours, \$3,699



ID: 58375 Online – start anytime

NEW Medical Assistant with Clinical **WIOA Approved**

Medical assisting can open doors to many career opportunities and demonstrate an understanding of health care delivery and operations. 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. Receive a complete ebook library and one-on-one help from instructors and technical support team. CCMA exam voucher is also included. *See website for more details.* 640 Contact Hours, \$3,999

ID: 59053 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. 292 Contact Hours, \$1,999

ID: 58371 Online class – start anytime

Medical Career Information Session	FREE
ID: 58958 • Thur, 9/27/18 • 6:00pm - 8:00pm RM P1844	
To register, visit normandale.edu/CE or call 952-358-8343	

An additional information session available at the Bloomington Workforce Center from 1:00pm - 3:00pm on September 28.

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), this course prepares students for medical transcription and editing careers. This program emphasizes practical experience. Topics covered: documentation, biomedical sciences, and editing theory. Includes ten textbooks, a transcription foot pedal, an AHDI membership, and online reference library access. 640 Contact Hours, \$3,199

ID: 59055 Online – start anytime

NEW Medical Administrative Assistant with EHR

WIOA Approved

Prepares students to earn the Certified Medical Administrative Assistant (CMAA) and Certified Electronic Health Records Specialist (CEHRS) credentials. Topics covered: ezEMRx EHR software, Microsoft Office, healthcare documentation, and office procedures. Includes e-books and exam vouchers for the two national certifications. 285 Contact Hours, \$3,199

ID: 59054 Online – start anytime

Medical Billing

WIOA Approved

Gain real-world practical experience, knowledge and skills needed to follow insurance claims all the way through to payment. 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: 59056 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 following programs are eligible for a promotional item or discount before **OCTOBER 31, 2018**.
Payment plans available, call 952-358-8343 for details.

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

Classes are five weeks long and start every six weeks.

MNHIT Level 1 Certificate

Level 1 will equip you with foundational health IT concepts, language and systems. 7 CEU and \$195 per course or \$555 for the certificate (a savings of \$30).

Overview of Health Information Technology (OHIT)
Language of Health Information Technology (LHIT)
Health Management Information Systems (HMIS)

health IT transformation series

These practical certificates will develop skills and insight to empower you to work in and support healthcare transformation. The series will help you understand what transformation means, and how it is changing the way we leverage technology, improve care delivery and focus on quality. Classes are online, self-paced, instructor supported and begin every three weeks. Earn a certificate or take individual courses, \$145 per course.

NEW Healthcare Data Analytics Certificate

The role of data is critical to healthcare. This two-course certificate will teach you the core fundamentals of data analysis through the lens of healthcare, including practical exercises and relevant scenarios of how data is used to support, manage, and improve care delivery, quality measures, population health, finances, and much more.

Understanding Healthcare Data Analytics (8 hours)

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



Together, Johns Hopkins University School of Medicine and Normandale Community College are developing leaders in healthcare.

MNHIT Level 2 Certificate

Level 2 dives into core health IT activities, uses, and change management concepts. 7 CEU and \$195 per course or \$555 for the certificate (a savings of \$30).

HIT Workflow Analysis and Change Management (WKFL)
Leadership and Teams in Health IT (LDTM)
Networking and Health Information Exchange (NHIE)

MNHIT Level 3 Certificate

Level 3 exposes you to the EHR and builds business and management skills to succeed in health IT. 7 CEU per course, \$195 for the first course, \$255 for the second or third course or \$665 for the certificate (a savings of \$40).

Business of Health IT (BHIT)

Electronic Health Records Bootcamp - Virtual Lab (EBOT)
Health IT Project Management (HIPM)

Health IT Professional Certificate

Complete all three of the mini certificates (9 classes) to earn the **Health IT Professional Certificate** and be well-prepared to sit for national certification exams such as CAHIMS, CPEHR or CPHIT.



NEW 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.

Population Health Policy (6 hours)
Population Health Data Analytics (7.5 hours)
Population Health Interventions (9 hours)

NEW Value-Based Care Certificate

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.

The Business of Value-Based Care (8.25 hours)
Applications of Value-Based Care (6.75 hours)
Negotiating Contracts for Value-Based Care (2 hours)

“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 Medical Services (CMS)





NEW Introduction to Practical Self-Defense

The Minnesota Kali Group (MKG) Self-Defense method is unlike any other self-defense training. There are no fancy moves. Only straight forward, effective techniques and daily skills that will keep you safe. 7.5 Contact Hours, \$195, Nakita Shedd

ID: 59128

Tue, 9/11/18 - 10/16/18

6:15pm – 7:30pm

RM: A1560

NEW Introduction to The Feldenkrais Method

This form of somatic education uses gentle movement and directed attention to improve movement and enhance well-being and daily functioning. This class is for anyone wanting to learn how to reconnect with our natural abilities to move, think and feel. (Participants must be able to move independently to and from the floor.) 3 Contact Hours, \$69, Sharon O'Connor

ID: 59102

Wed, 10/10/18 - 10/24/18

5:30pm – 6:30pm

RM: A1570

NEW Exploring Numerology Series

Numbers represent symbols for energies/vibrations that describe characteristics and themes. Learn about your Personal Numerology Chart (derived from your birth date and given name) that will reveal the timing of temporary cycles in your life. Deepen your self-understanding, examine opportunities and potentials, confirm your talents, enhance spiritual wisdom and determine your next steps in any situation. 6 Contact Hours, \$89, Susan Shopek

ID: 59103

Wed, 10/10/18 - 10/24/18

6:30pm – 8:30pm

RM: P1810

NEW WE Move: A Wellness and Empowerment Workshop for Women

This nurturing workshop, designed for women, will relax the body, calm the mind, and spark your energy as you experience a new way to move. In this safe environment, we tap into our natural healer and feminine power through various mind-body experiences. Bring a friend and make new ones! 2.5 Contact Hours, \$69, Margo O'Dell

ID: 59104

Tue, 10/23/18

6:00pm – 8:30pm

RM: A1560

NEW Who Am I? Find Your Peace in the Enneagram Puzzle

Learn the nine enneagram types, which will help you identify your own patterns of behavior that take you from imbalance to balance. The material is succinct and set up to give you nuggets of wisdom rather than research. 3 Contact Hours, \$49, Jody Janati, EdD, MA

ID: 59500

Sat, 11/3/18

10:00am - 1:00pm

RM: P1844

NEW Protect Yourself from Control Dramas

Learn about common control drama patterns and how to negate them. Understand and respond to attempts made to gain influence at your expense. Awareness of these dramas can lead to understanding and forgiveness, as awareness alone often equals change. The more you understand someone, the easier you can forgive them. 3 Contact Hours, \$49, Jody Janati, EdD, MA

ID: 59455

Wed, 12/5/18

6:00pm – 9:00pm

RM: P1810

InterPlay

InterPlay promotes spontaneity—a greater ability to think on your feet and go with the flow. This active, creative approach teaches how to improvise with the five languages of the body: movement, voice, words, contact, and stillness.

NEW Discover the Wisdom of Your Body

InterPlay promotes spontaneity—a greater ability to think on your feet and go with the flow. This active, creative approach teaches how to improvise with the five languages of the body: movement, voice, words, contact, and stillness. In this introductory workshop, get a “taste” of InterPlay. Play with the basic forms of movement, sound, words and fun. 1.5 Contact Hours, \$29, Spruce Krause, MA

ID: 59477

Tue, 9/25/18

6:00pm – 7:30pm

RM: P1840

NEW Playful Tools for an Embodied Life

Dive deeper into the InterPlay experience in this four-week series and learn additional forms of movement, sound, words and fun. *See website for more information and prerequisites.* 6 Contact Hours, \$89, Spruce Krause, MA

ID: 59478

Wed, 10/17/18 - 11/14/18

6:30pm – 8:00pm

RM: P0842

From Dreaming to Doing

GET A JUMP START ON YOUR CAREER DREAMS

Whether you're starting a business, becoming an artist, or trying to figure out who you want to be when you grow up, this interactive course will take you from dreaming to experimenting to progressing on a plan of action that will transform your career day dreams into the daily business of your life. Meeting weekly with your cohort and instructor is like having your own coach and accountability team to support you. You'll create a visualization journal, develop a prototype, and create and commit to daily habits to turn your dreams into a tangible goal. 0.8 CEU, \$190, Cherie Anderson

ID: 59101

Sat, 10/6/18 - 10/27/18

9:00am – 11:00am

RM: P1810



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

Fall into Wellness

Come and explore ways to enhance your well-being and sample our most popular programs in conjunction with Normandale's 50th anniversary.

Saturday, 9/22/18
10:00am – 1:00pm

see [website](#) for details



LOOK, FEEL and BE Healthy!

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



November 17 & 18
10:00am – 5:00pm

Minneapolis Convention Center



NORMANDALE
COMMUNITY COLLEGE

9700 France Avenue South
Bloomington, MN 55431-4399

Register online for these **FREE EVENTS** at normandale.edu/CE/classes