

# CONTINUING EDUCATION CALENDAR

the courses that fit *naturally*



september - december 2009 | [selkirk.ca](http://selkirk.ca)

# health & wellness

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## HEALTH

### AIKIDO - DISCOVER THE MARTIAL ART OF PEACE

Develop greater flexibility, relaxation and power without aggression. This Japanese martial art is truly a holistic practice developing within us a vibrant integration of mind, body and spirit. Using powerful circular movements, the defender moves in complete harmony with the attacker, bringing the conflict to a peaceful conclusion for both. The techniques are natural and simple and their effectiveness is derived from timing and positioning rather than from physical strength. Uniform is extra.

Nelson: 213C Baker Street \$90

Joan Posivy, Anita Werner

12 classes: Oct. 3-Nov. 10, Sat. 9:15-10:45 am,  
Tue. 6-7:30 pm

### AROMATHERAPY FOR BEGINNERS

Come to an interactive and fun class for the budding aromatherapist. Learn a little history, safety, essential oil basics and production methods, custom blending and blending for conditions. All students will go home with one or two products of their choice. All materials included. Dress casually and bring pen and paper.

Nakusp Centre \$85

Marie Wrede

2 classes: Nov. 17 & 19, Tue. & Thur. 6-9 pm

### AROMATHERAPY: AN INTRODUCTION

Come and find out about aromatherapy—both past & present. You'll learn about how to use oils safely; how oils are produced; and their properties and applications in everyday life. You will make a basic blend to take home. All materials included.

Castlegar Campus \$35

Sue White

1 class: Oct. 21, Wed. 6:30-9:30 pm

### AROMATHERAPY: WHAT IS IT?

Come learn about aromatherapy applications past and present. Discussion on the safe use

of oils, methods of extraction/production. We will cover up to five different essential oils, their properties, contra-indications and their applications in everyday life. Students will make a basic blend for bath salts to take home. All materials included.

Nakusp Centre

\$35

Marie Wrede

1 class: Nov. 10, Tue. 7-9:30 pm

### DEMENTIA/ALZHEIMER CAREGIVERS SERIES

Providing care for someone with Alzheimer or a related dementia? Learn about these diseases and the issues surrounding them including communication, behaviour, responsibilities, grief, stress and how to take care of yourself. Bursaries available.

Nelson: Silver King Campus \$35

Linda Hoskin

4 classes: Oct. 22-Nov. 12, Thur. 7-9 pm



### HEALING YOUR BACK

HEALING YOUR BACK the Feldenkrais Way is a restorative workshop. Relieve chronic pain and tension. Create new strategies for healing and change, stimulating the nervous system for new levels of learning. The Feldenkrais Method uses a unique combination of gentle exercises and body awareness training to improve communication between the brain and the rest of the body to enhance efficiency and pleasure in movement. Bring two large blankets. For more info go to [www.feldenkrais.com](http://www.feldenkrais.com) or contact Judy at 250.352.3319, [somatikatz@gmail.com](mailto:somatikatze@gmail.com).

Nelson: Silver King Campus \$60

Judy Katz

6 classes: Sept. 22-Oct. 27, Tue. 7-8 pm

## HEALTHY BRAIN

Be proactive—keep your brain cells in-shape. Research is showing ways that people of all ages and abilities, including people with dementia and caregivers, can work on brain health emphasizing mind, body and spirit. Learn about Alzheimer Disease and research-based advice on how to reduce your risk.

Castlegar Campus \$12

Linda Hoskin

1 class: Oct. 6, Tue. 7-9 pm

## QIGONG - MEDICAL INTRO.

Explore the world of Medical QiGong for the prevention and self-healing of illness and helping others. Practice some QiGong and feel the energy.

Nelson: Silver King Campus \$23

Ming Kwan

TBA

## MASSAGE

### MASSAGE FOR EVERYDAY USE: PAIRS

Does your back, shoulders, feet or head ache? Bring your partner or a friend to this interactive massage class. The instructor will tailor the content to address your individual needs and interests. Bring 2 pillows, a towel, oil or lotion & a lunch.

Castlegar Campus \$50/pair

Daniel Voykin, RMT

1 class: Oct. 17, Sat. 9 am - 3 pm

### BASIC FULL-BODY

Learn full-body massage, plus techniques for the office. Bring a towel, pillow, hot water bottle and oil or lotion.

Nelson: Silver King Campus \$25

Christine Sutherland

1 class: Nov. 8, Sun. 9 am-noon

### FOOT & REFLEXOLOGY

Please bring an ice cream pail, two towels, massage oil in a flip-top container, powder, pillow, hot water bottle, face cloth and a partner, if possible.

Nelson: Silver King Campus \$16

Christine Sutherland

1 class: Nov. 7, Sat. 1- 3:30 pm

## FOR COUPLES

Renew & recover physically, emotionally & spiritually. Bring towel, pillow, hot water bottle & oil or lotion.

Nelson: Silver King Campus \$38/couple

Christine Sutherland

1 class: Nov. 7, Sat. 9 am-1 pm

## STRESSBUSTER MASSAGE

Learn how to massage away the tension in your tight and tired muscles. The focus will be on the neck, upper back, arms and hands. Bring a towel, pillow, hot water bottle and oil or lotion.

Castlegar Campus \$16

Christine Sutherland

1 class: Nov. 14, Sat. 9 am-1 pm



## NUTRITION

### ENERGETIC DIET THERAPY

Energetic diet therapy is a food-based medicinal diet plan that uses the energetics of different foods to help alleviate and remove some health issues. It is based on the ancient Chinese health care system that takes into account the seasons, the person and their imbalance. Learn how to eat for optimum health: "Let food be your medicine and medicine be your food".

-Hippocrates

Grand Forks Campus \$15

Dr. Andre Borak

1 class: Nov. 12, Thur. 7-9 pm

### FOOD SECURITY

Receive information on preserving, dehydration, composting, organic cultivation, food budgeting and nutrition. These classes are supported by the Columbia Basin Trust.

Nakusp: Arrow & Slocan Lakes

Community Services

By donation, funds received will go to the food bank.

Please contact Anne Miskulin, Arrow & Slocan  
Lakes Community Services 250-265-3674,  
ext. 213

## GOURMET & NUTRITIOUS! SANDWICHES AND WRAPS WORKSHOP

Are you tired of the same old lunches? This workshop is designed to give you some creative ideas for nutritious and delicious sandwiches and wraps. Registered dietician, Tara Stark will make some of her favourite lunch combos that will be sure to inspire you. The class will be the official taste testers and critics. No cooking experience necessary. Includes supplies.

Trail Campus - Trail Middle School \$60  
Tara Stark  
1 class: Nov. 4, Wed. 6-9 pm

## LET'S GO SHOPPING! SUPERMARKET TOUR

The only way to get healthy food into your fridge and your cupboards is to know how to buy it! Learn about healthy food choices, nutritional facts tables and take a closer look at the foods you buy, choose the healthiest cuts of meat and the best dairy foods and find out what to look for in a box of cereal or a loaf of bread.

Trail Campus \$33  
Tara Stark  
1 class: Sept. 23, Wed. 6:30-8 pm  
1 class: Oct. 27, Tue. 6:30-8 pm



## LOWER YOUR BLOOD PRESSURE - EAT THE DASH WAY

DASH stands for Dietary Approaches to Stop Hypertension. More than nine in ten Canadians will develop high blood pressure (Hypertension) unless they follow a healthy lifestyle. Following a DASH eating plan can reduce your risk and lower already elevated blood pressure. Learning DASH in detail will give you the tools you need to improve your blood pressure with a dietary approach and reduce your blood pressure in as little as two weeks.

Trail Campus \$35  
Tara Stark  
1 class: Sept. 29, Tue. 7-9 pm

## PRENATAL

Learn what to expect in your pregnancy—through the processes of labour and delivery, postpartum care and breastfeeding. Costs include support person. Bursaries available for those requiring assistance.

Grand Forks Campus \$84  
Andrea Hill, RN  
6 classes: Oct. 13-Nov. 17, Tue. 6:30-8:30 pm

Castlegar: Kootenay Family Place \$105  
767 - 11th Ave. Reunion class included.  
Please pick up a free copy of "Baby's Best Chance" from your doctor prior to class.  
Marty Suttmoller  
5 classes: Sept. 23-Oct. 21, Wed. 6:30-9 pm  
5 classes: Nov. 11-Dec. 9, Wed. 6:30-9 pm

Kaslo Centre \$84  
Sherry Wagner  
Please call if interested

Nakusp: Health Unit \$84  
Linda Nero RN  
2 classes: Oct. 3 & 17, Sat. 10 am-4 pm

Nelson: Health Unit, 333 Victoria St. \$105  
M. Suttmoller, M. Morris, S. Whitman,  
R. Gregory  
6 classes: Sept. 24-Oct. 29, Thur. 6:30-9 pm  
6 classes: Nov. 12-Dec. 17, Thur. 6:30-9 pm

Trail Campus \$105  
Includes 1 early pregnancy class  
Bev Harmston, Jacquie Johnson  
5 classes: Sept. 8-Oct. 6, Tue. 6:30-9 pm  
5 classes: Nov. 3-Dec. 1, Tue. 6:30-9 pm

## PRENATAL REFRESHER

For those having another child. Includes support person.

Castlegar: Kootenay Family Place \$35  
Marty Suttmoller  
2 classes: Sept. 30 & Oct. 7, Wed. 6:30-9 pm  
2 classes: Nov. 18 & 25, Wed. 6:30-9 pm

To ensure the course you want  
doesn't get cancelled...

**DON'T WAIT!  
REGISTER EARLY!**

## PRENATAL: EARLY PREGNANCY CLASS

Designed for pregnant women before their sixth month of pregnancy (the earlier, the better!), this class will cover a variety of topics including: nutrition, fetal development, maternal health, prenatal bonding, pre-term labour and planning ahead. We will be exploring what Castlegar has to offer with regards to pregnancy classes and birth options. Please feel free to attend on your own, bring your partner, or come with a friend or two.

Castlegar: Kootenay Family Place \$15  
767-11th Ave.

Sally Whitman

1 class: Sept. 16, Wed. 6:30-9 pm

1 class: Nov. 4, Wed. 6:30-9 pm

## PRENATAL: EARLY PREGNANCY CLASS

One evening class should be taken within the first five months of your pregnancy. Topics covered include planning for the birth, eating for a healthy baby, warning signs and pre-term labour, relationships and stress management.

Trail Campus

Included in Prenatal registration

Jacquie Johnson

1 class: Oct. 19, Mon. 6:30-9 pm



## SCHOOL OF HEALTH AND HUMAN SERVICES OUTREACH

### APPRECIATIVE LIVING LEARNING CIRCLE

Would you like more joy and success in your life right now? Learn and take action with like-minded people! Learning Circles are designed to help you learn how to use appreciative learning in your life in a way that makes sense for you. Learn to see the good things that truly exist right alongside the bad and to expand your view of reality, not cover it up. Learning Circles are a powerful tool for personal change, and assist us all towards a more peaceful world.

Castlegar Campus \$42

Deb Wandler

4 classes: Oct. 13-Nov. 3, Tue. 6-7:30 pm

### ETHICS OF TOUCH

Explore healthy and helpful boundaries in service to individuals with disabilities. Watch an excellent video, featuring David Hingsburger, and participate in exercises designed to develop practical skills to apply on the job.

Castlegar Campus \$25

Jane Green

1 class: Nov. 19, Thur. 9-11:50 am

### OBJECTIVE DOCUMENTATION WORKSHOP

Take the mystery out of Objective Documentation in Service Settings for individuals with disabilities. Learn practical skills for respectful documentation and the ability to design and implement objective person-centred practice in your work setting.

Castlegar Campus \$25

Jane Green

1 class: Dec. 3, Thur. 9-11:50 am

### PALLIUM: LEARNING ESSENTIAL APPROACHES TO PALLIATIVE AND END OF LIFE CARE

This federally developed and approved care course for Physicians and Nurses (RN & LPN) covers symptom management of pain, GI problems, dyspnea, delirium and care in the last days. Other topics discussed include grief, depression, communication challenges and ethical dilemmas. Course includes lunch both days, coffee and a Pallium Pocket handbook.

Castlegar Campus  
\$200 for nurses, \$350 for physicians  
(with CME credits)  
2 classes: Sat. & Sun., Oct. 24 & 25,  
8:30 am-4:30 pm

## SEXUALITY & SOCIAL SKILLFULNESS

Explore the facts, issues and approaches helpful in supporting individuals with disabilities in the sensitive area of social skillfulness and healthy sexuality.

Castlegar Campus \$25  
Jane Green  
1 class: Nov. 12, Thur. 9-11:50 am

## ONLINE GERONTOLOGY CERTIFICATE

This certificate program for RN's and LPN's provides specialized knowledge to help meet the needs and challenges of our aging population. Learning focuses on developing stronger geriatric assessment skills and gerontological leadership in community, acute and residential settings. The introductory course and some electives may be of interest to other health or social sciences students and professionals seeking geriatric education.

Distance Health Courses. See page 29.

## WELLNESS

### ART THERAPY

This course is intended to offer a brief introduction to the potential benefits of art therapy. Time will be spent creating and exploring the images made in the session. Students will work at their own pace and comfort level. No art experience is necessary. While the intention of this course is to be a more relaxed personal exploration, it is imperative that students are aware of the potential for therapeutic issues to arise. Materials included.

Grand Forks Campus \$50  
Amy Allan, CYMH Clinician, Reg. Art Therapist  
2 classes: Nov. 17 & 24, Tue. 6:30-8:30 pm

Midway, Midway Elementary \$50  
Amy Allan, CYMH Clinician, Reg. Art Therapist  
2 classes: Oct. 19 & 26, Mon. 6:30-8:30 pm



## CULTURE & HEALTH EXPLORATION SERIES

### 1-ABORIGINAL HEALTH & HEALING

How do Aboriginal cultures view health & healing? Marilyn will explore the health practices that are common to the interior salish peoples and other Aboriginal groups. A discussion of this wholistic view, which incorporates physical, emotional, spiritual and mental aspects, will include the use local plants and herbs as food & medicine, smudging to clean & balance oneself and the medicine wheel approach in health & healing.

Castlegar Campus \$16  
Marilyn James (Sinixt Spokesperson)  
1 class: Oct. 29, Thur. 7-9 pm

### 2-CHINESE HEALTH & HEALING

How does the Chinese culture view health & healing? Jennifer, a registered Chinese medicine herbalist & instructor, foodie and lover of life will guide you through an introduction to the Chinese wholistic approach to health and healing. Class discussion will include 5 super foods for optimal health, home herbal remedies and the pleasure of cooking with Chinese herbs. There will be a short section on Qi Gong exercises, along with the introduction of a routine for home.

Castlegar Campus \$16  
Jennifer Gawne, RTCM H  
1 class: Nov. 5, Thur. 7-9 pm

To ensure the course you want  
doesn't get cancelled...

**DON'T WAIT!  
REGISTER EARLY!**

## LEARNING IN RETIREMENT

Take part in this exciting new venture if you are interested in learning and are over 50 years old (or the spouse/partner of a member). Membership is \$15 and is valid September 1, 2009 to August 31, 2010. The courses will be facilitated by peer volunteers and costs will be minimal with some additional costs for materials. To become a member or for more information on the courses that will be offered this fall, contact the Learning In Retirement executive, [birthe@netidea.com](mailto:birthe@netidea.com).

### CURRENT AFFAIRS

An interactive group discussion of current affairs which could include local, provincial, national and international topics of interest.

Nelson: Silver King Campus  
TBA

### LIVING A HEALTHY LIFE WITH CHRONIC CONDITIONS

Better manage your chronic health condition- arthritis, diabetes, heart disease, asthma, fibromyalgia or others, through the University of Victoria free Chronic Disease Self Management Program: six sessions once/week. You do not need to be a Learning In Retirement Member to participate in this course.

Nelson: Silver King Campus  
TBA

### THE HISTORY OF NELSON

Includes a trip to Touchstones Museum and a walking tour of historical sites.

Nelson: Silver King Campus  
TBA



## Learning for Living

Learning for Living is a 22-week program designed for individuals with self-identified disabilities who want to develop or enhance their skills to enter the workforce. Students will assess their career goals, develop essential workplace and life skills and participate in an 11-week work experience. Funding assistance is available to those meeting the criteria. For more information or to register, contact Sheila Adcock at 250.364.1104.

Trail Campus  
Oct. 5 -Mar. 26, Mon.-Fri. 9:30 am-3 pm

## Learning for Pleasure

The Learning for Pleasure Initiative provides a wide variety of new learning opportunities for retired or semi-retired people in an informal, fun way, with no tests or certificates, through a membership fee or low tuition fee. It's simply about "learning for the pleasure" of it. Learning for Pleasure is a partnership initiative of Selkirk College and St. Andrew & St. George's Anglican Church in Trail. For information about upcoming courses or to volunteer to facilitate a course, please contact Neil Elliot at [standy1@telus.net](mailto:standy1@telus.net) or Judy Wray at [wrayrobi@shaw.ca](mailto:wrayrobi@shaw.ca). Check out the website at: [learningforpleasure.ca](http://learningforpleasure.ca) or call 250.368.5581.

Trail Campus \$52 membership fee



# registration information

## BOUNDARY CAMPUS | GRAND FORKS

boundaryce@selkirk.ca  
486 72 Avenue, Box 968  
Grand Forks BC V0H 1H0  
Tel 250.442.2704  
Fax 250.442.2877

## CASTLEGAR CAMPUS

castlegarce@selkirk.ca  
301 Frank Beinder Way  
Castlegar BC V1N 4L3  
Tel 250.365.1208 toll-free 1.888.953.1133  
Fax 250.365.3929

## KASLO LEARNING CENTRE

kasloce@selkirk.ca  
421 Front Street, Box 1149  
Kaslo BC V0G 1M0  
Tel 250.353.2618  
Fax 250.353.7121

## KSA: KOOTENAY SCHOOL OF THE ARTS

artsce@selkirk.ca  
606 Victoria Street  
Nelson BC V1L 4K9  
Tel 250.352.2821 toll-free 1.877.552.2821  
Fax 250.352.1625

## NAKUSP LEARNING CENTRE

nakuspc@selkirk.ca  
311 Broadway, Box 720  
Nakusp BC V0G 1R0  
Tel 250.265.4077  
Fax 250.265.3195

## NELSON/SLOCAN VALLEY:

### SILVER KING CAMPUS

nelsonce@selkirk.ca  
2001 Silver King Road  
Nelson BC V1L 1C8  
Tel 250.352.6601 toll-free 1.866.301.6601  
Fax 250.352.3180

## NELSON/SLOCAN VALLEY:

### TENTH STREET CAMPUS

nelsonce@selkirk.ca  
820 Tenth Street  
Nelson BC V1L 3C7  
Tel 250.352.6601 toll-free 1.866.301.6601  
Fax 250.352.5716

## TRAIL CAMPUS

trailce@selkirk.ca  
900 Helena Street  
Trail BC V1R 4S6  
Tel 250.364.5770  
Fax 250.368.4983

## READY TO REGISTER? | my course wish list

TITLE	PAGE
_____	_____
_____	_____
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_____	_____
_____	_____
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Now, go to page 79 to complete the registration form!



# registration form

name \_\_\_\_\_

address \_\_\_\_\_

\_\_\_\_\_ date of birth \_\_\_\_\_

tel \_\_\_\_\_ email \_\_\_\_\_

course title                      course location                      course start date                      fee

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

card# \_\_\_\_\_ expiry \_\_\_\_\_

signature \_\_\_\_\_

## HOW TO REGISTER

### OPTIONS

- Email, fax, call, or visit the campus offering your course—see page 78 for campus details.
- Complete this registration form.
- Choose payment method (cheque, Visa or MasterCard).

## PAYMENT

PHONE/FAX: If you are paying by Visa or MasterCard, we can process your registration over the phone.

MAIL: Please send a completed registration form along with your cheque or money order.

IN PERSON: Feel free to drop by, but please call first to confirm your campus is open that day. Debit is available at most locations.

Please note that fees are payable upon registration. We cannot hold a space for you until fees have been paid.

## POLICIES

CLASS CANCELLATIONS: If there are not enough registratons to cover the cost of instruction, the course will be cancelled and fees refunded in full. No classes are on Statutory Holidays.

WITHDRAWALS: Full refund will be given for withdrawals made 4 days prior to course start. 50% of the course cost will be refunded for withdrawals 1-3 days prior to course start.

INCOME TAX: Course fees totalling more than \$100 are income tax deductible. Keep your receipt as no duplicates will be issued.

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