

me & you

Singles

#5001 A

What's Happening in Greater K.C. for Singles?

This class is for singles who want to know about singles groups, events and activities taking place in Kansas City. The facilitator will discuss various social and special interest singles groups with an emphasis on groups sponsored by faith communities. Convener is publisher of "Guide to Singles Groups in Kansas City," a directory of local singles groups. Material fee includes cost of the directory and other materials.

CONVENER: Don Davidson

CLASS FEE: \$9 + \$6 material fee = \$15

Sec. A: 1 session; Wednesday, September 22: 7:00 PM - 9:00 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 25

Relationships

#5101 A

How to Communicate Assertively

Learning to communicate assertively is about learning to be you around others, to assert your rights and boundaries. It allows you to be present, to give your opinions, and express who you truly are. This class helps people discover their current communication style, give and take criticism, and learn how to say "no" effectively. Alex McEntire is a licensed professional counselor in the state of Missouri, and has been helping others learn effective communication skills since 2004. He is also an adjunct instructor at MCC, where he teaches psychology. Please bring \$2 to class for handouts.

CONVENER: Alex McEntire (816-719-1572)

E-mail: alex@awakenedphoenix.com

CLASS FEE: \$14

Sec. A: 1 session; Saturday, October 23: 10:00 AM - 3:00 PM; Haag Hall, Rm. 306, 52nd & Rockhill Road, UMKC Campus, KCMO; LIMIT: 30

#5102 A

Interracial Dating, Love and Marriage

The world is full of possibilities for dating, love and marriage and this class will help explore the possibilities. There are so many races, cultures and languages which present us with so many new opportunities to explore. Larry has been happily married for 29 years and has two adult children with a Jamaican lady with dark skin. Both have traveled extensively and experienced many cultures and people.

CONVENER: Larry Pulos (816-204-8987)

E-mail: lpulos2002@yahoo.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 26: 6:30 PM - 9:00 PM; Plaza Library, Small Meeting Room, 48th & Main, KCMO; LIMIT: 15

#5103 A

Relationship Communications

Relationships getting you down? Come learn effective communication tips applicable to personal and professional settings (including advocating in the health care system). This is a terrific gift to yourself. Bring a friend! Learn common communication errors, how to fight fair and get what you need while increasing self-esteem. Great material shared for all interactions, including role playing. Krista has been practicing since 1993 and has been in business since 1996. She has taught anger management in the court system and is an affiliate of the St. Lukes Health System. Her holistic healing practice is centered around natural health and wellness from within. Please bring \$3 for handouts.

CONVENER: Krista Eilers LMSW, QRC (913-262-1205)

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, November 10: 6:30 PM - 8:30 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#5104 A

Build a Better Relationship with Your Kids

This course will provide general guidelines for understanding kid's behaviors and practical solutions for communicating more effectively with kids -building their self-esteem and redirecting them in positive ways. Jeffrey is a licensed professional counselor (LPC) in Missouri and a licensed clinical professional counselor in Kansas. He has more than ten years of experience working with troubled kids and their families on issues of abuse, trauma, attachment, attention, aggression, anger and sexuality.

CONVENER: Jeffrey Holt (816-797-0039)

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 12: 6:00 PM - 9:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 15

#5105 A

Communication and Relationships Between the Sexes

Men and women have brains that have been programmed to operate differently. Learn to understand these differences and improve your relationships -from the bedroom to the office. Learn how to interrupt, how not to and why! Learn to celebrate our differences and enjoy the uniqueness of each other. Tape recorders are welcome. Please bring \$2 for materials to class. Additional books available for purchase.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 5: 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 20

#5106 A

It's Okay to Butt In— Intervention 101



Learn how to save a life and easy-to-learn tips and techniques on how to intervene and stop enabling. Use your self-help skills to help yourself, your kids, your family, a co-worker or a stranger. Marla is a prevention educator and interventionist specializing in change and recovery coaching for individuals, families and communities in need of assistance for various stages of addiction and recovery of any kind.

CONVENER: Marla Looper (913-387-4008)

E-mail: selfskillingstation@gmail.com

CLASS FEE: \$14

Sec. A: 2 sessions; Saturdays, beginning October 16: 2:00 PM - 4:00 PM; Waldo Branch Library, Rm. B, 75th & Grand, KCMO; LIMIT: 15

Self-Development

#5301 A

Awakening the Higher Brain

Learn about the prefrontal cortex which holds the key to our potential and some of the ways that have been used historically to access it. Also learn about a new method that is quickly and powerfully helping people energize this amazing part of the brain.

CONVENER: Ladd Carlston (913-385-2500)

E-mail: drladd@higherbrainliving.com

Web site: www.higherbrainliving.com

CLASS FEE: \$9

Sec. A: 1 session; Thursday, October 7: 7:00 PM - 9:00 PM; 6700 W 121st St., #102, Overland Park KS 66209; LIMIT: 15



WHOLISTIC HEALTH FAIR
SUNDAY, NOVEMBER 14TH
11 AM - 6 PM
UNIVERSITY CENTER,
50TH & ROCKHILL RD., KCMO

60 EXHIBITORS—20 WORKSHOPS—GIANT SILENT AUCTION

#5302 A or B

Quit Your Job, Change Your Life



Life change can be scary, exciting, thought-provoking, and transformative. It includes examining your current situation, identifying what is working and what isn't, and making goals for change and growth. Explore how you can change your life into the one you have only dreamed about. Christine will read excerpts of her upcoming book, "Quit Your Job, Change Your Life" and challenge participants to EDIP (Examine, Define, Identify and Proceed) and develop a working blueprint for success through the use of AFQs (Assumptive Future Questions). Christine Shuck is an entrepreneur, business and life coach, writer and published author. Bring \$2 for materials.

CONVENER: Christine Shuck (816-331-5502)

E-mail: christineshuck@kc.rr.com

Web site: www.25thhourorganizing.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 16: 11:00 AM - 1:00 PM; University Center, Rm. 147, 50th & Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

Sec. B: 1 session; Monday, October 18: 6:00 PM - 8:00 PM; Central Library, Rm. 312, 14 W 10th St (corner of Baltimore and 10th), KCMO; LIMIT: 20

#5303 A

Are You Ready to SHIFT?

NEW

Overwhelmed by your daily life?

Are you sensitive to other people's energy? This workshop is an introduction to SHIFT (Soulful Healing Integrated Fearless Transformation), which is a comprehensive, experiential program for highly sensitive people who desire to move past the constraints of their past experiences, struggles and limitations. Bring \$2 for handouts. Sherree, Leigh and Colleen are the creators of SHIFT and individual business women. All three are Reiki master/teachers in Seichim.

CONVENER: Sherree Ross (816-808-6606), Colleen Scherer and Leigh Shella

E-mail: sherree@sherreeross.com; Web site: www.sherreeross.com
CLASS FEE: \$9

Sec. A: 1 session; Tuesday, October 12; 7:00 PM - 8:30 PM;
Location to be announced; LIMIT: 30

#5304 A

Benefits of Mentoring

NEW

This workshop will give participants an overview of the value of both being a mentor and having a mentor. It will provide an understanding of the impact mentoring can have on individuals. Workshop participants will gain knowledge of the procedures required to manage effective mentoring relationships. Marsha has a bachelor's of science in social psychology from Park University and a master's in human resources training and development from Webster University and has taught many different training classes.

CONVENER: Marsha Young (816-694-3845)

E-mail: graduate626@hotmail.com

CLASS FEE: \$14

Sec. A: 2 sessions; Wednesdays, beginning October 6; 6:30 PM - 8:30 PM; Location to be announced; LIMIT: 20

#5305 A

Learn Easier/Remember Longer

By understanding how the brain stores information, you can take better notes from books or lectures and retain what you learn. Jerry will introduce you to the technique and provide a manual to help you develop it. Tape recorders are welcome. Please bring \$17 to class for book and materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Wednesday, September 22; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 20

#5306 A

Make Your Emotions Work for You - Instead of Against You

Learn to take control of your emotions using them as teachers and guides. They don't need to run you; you can run them. Tape recorders are welcome. Please bring \$2 material fee to class.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, September 28; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 10

#5307 A

Change Your Life By Learning to Reprogram Your Brain

Your brain is a biological computer and you can only get out of it the programs that have been put in -mostly by others. Take over and start putting in programs that will help you achieve what you want from life. This is hands-on NLP. Tape recorders are encouraged. Please bring \$5 to class for materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$18

Sec. A: 5 sessions; Tuesdays, beginning October 12; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 20

#5308 A

Ultimate NLP

Would you like to live in a permanent state of worth, inner peace and joy? At work? In your personal life? Come to this class and walk out living in one or more of your core states. You need some understanding of NLP to utilize this class. Tape recorders welcome. Please bring \$25 to class for book and materials.

CONVENER: Jerry White (816-331-4715)

E-mail: danceoflife@kc.rr.com

CLASS FEE: \$9

Sec. A: 1 session; Tuesday, November 23; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 24th & Charlotte, KCMO, Bring picture ID; LIMIT: 10

#5309 A

Hypnosis and EFT

NEW

Allow your body to be deeply relaxed and your mind to have an alert focus. Zero in on your problems and find solutions not available to you in your waking state. EFT (Emotional Freedom Techniques) is like "hypnosis with your eyes open." Transform from where you are to where you want to be. Learn the basics of EFT and experience a relaxing hypnotic trance where you may talk to your inner self to receive guidance.

CONVENER: Carol Henderson (913-908-6907)

E-mail: carol@newdayhypno.com

Web site: www.NewDayHypno.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 6; 10:00 AM - 12:00 PM; Cloverleaf Office Park, Bldg. #3, 6405 Metcalf, #115, Overland Park, KS; LIMIT: 25

#5310 A

Mensa Q&A Session

NEW

Mensa is an organization of widely-varied people who have scored in the top 2% of a standardized IQ test. For those who have, it provides comfortable social/cognitive activities. In addition, it participates in several social and student scholarship programs. If this sounds interesting, come to this one-time Q&A session. For more thorough, explanatory information, e-mail Don Martin for a returned e-mail general description.

CONVENER: Don Martin; kcdonmar@aol.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, September 25; 10:00 AM - 11:00 AM; Flarsheim Hall, Rm. 260, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 25

#5311 A

Sitting, Sleeping and Standing

NEW

Learn easy ways to change sitting, sleeping and standing habits. You can improve your comfort level and maintain optimal back alignment by making easy lifestyle changes. Molly O'Leary, DC, has practiced chiropractics for 23 years in Kansas City.

CONVENER: Molly O'Leary (816-444-4214 or 816-531-1180)

Web site: mollyshealingworks.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 6; 12:00 PM - 1:00 PM; O'Leary, 1733 W. 35th St KCMO, One block east of state line road at 35th and Bell; LIMIT: 10

Seniors

#5601 A

Alphabet Soup of Medicare Insurance

This is a fun, relaxed class and a pain-free way to learn. What are Medicare Part A and Part B? How do Medicare supplement plans fill coverage gaps? What is a Plan C, Plan F and let's not forget the new Part D prescription drug plan. Learn about Medicare PPOs and HMOs. This two-hour class will help you master the ABC's of Medicare insurance. Jeff has been an insurance professional since 1987, holds the professional designation of Life Underwriters Training Council Fellow and has a bachelor's degree in business administration.

CONVENER: Jeff David L (816-436-2622)

E-mail: jeffdavid@jeffdavidinsurance.com

Web site: www.jeffdavidinsurance.com

CLASS FEE: \$9

Sec. A: 1 session; Saturday, November 20; 10:00 AM - 12:00 PM; Student Union (New), Rm. 302 A, 5100 Cherry, UMKC Campus, KCMO, metered parking on north side of building; LIMIT: 20



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#5602 A

Choosing Your Medicare Advantage plan in 2011

"Federal government reduces Medicare coverage for America's seniors". These changes have drastically changed coverage and how much money you pay. Most of the cost increases are not the premiums, but in your out of pocket expenses for services. Oftentimes you are unaware of the change in coverage until you need it or receive a bill in the mail. This course will teach you how to understand your rights, entitlements and options for your Medicare coverage. We will discuss all the major plans in the area and help you understand them, too. Free Medicare books provided.

CONVENER: Mike Mertel (816-509-4880) & Sheree Wainwright

E-mail: mikemertel@comcast.net

CLASS FEE: \$9

Sec. A: 1 session; Saturday, October 9; 10:00 AM - 12:00 PM; Plaza Library, Large Meeting Room, 48th & Main, KCMO; LIMIT: 20