Spring 2015 March 14th – May 18th Issue #167

• Figure Drawing
• Flamenco
• Astronomy
• The Rise & Fall of the River Quay
• Healing Herbs & Foods in the Kitchen
• Astrology Basics

Wholistic Health Fair

Sunday, March 22nd

see page 24
• 20 workshops
• 60 exhibitors
• Silent Auction
• Psychics

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People teaching people since 1970

This is the Communiversity—Spring 2015 issue #167 which is published five times per year in August, October, January, March and May. Each issue of Communiversity introduces you to a world of people and ideas through classes, events and services unique to this area. Today there is no other metropolitan area in the entire country with an all-volunteer program that offers such a variety of classes at our nominal price. Whether you take a class, offer a class, or advertise a seminar or business, Communiversity is a great place to reach people who enjoy doing, learning and experiencing. You can find us at: Communiversity/UMKC, 5100 Cherry, #320, KCMO 64110 or cu.umkc.edu. Classes with a next to them are either a new class or a new section opened because previous sections were filled.

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UMKC is an affirmative action/equal opportunity institution.

Thanks:
Kansas City Metropolitan Libraries, Brush Creek Community Center, Gregg Community Center, Westport Roanoke Community Center, UMKC, City in Motion, and to the many individuals who have shared their homes and businesses. Communiversity depends upon the good will of individuals and organizations from both the University and the community in providing meeting facilities for classes. We thank you for your donations of rooms.

Special Thanks To:
The many volunteers who teach our classes, distribute our catalogs and register our participants. The Communiversity Advisory Board, the U-News, Regina Compernolle, Travis Dixon, Sue Sanders, Marcia Roberts, John Pearse and the Office of Student Involvement Staff.

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DISCLAIMER: All opinions expressed in Communiversity classes and course descriptions are those of the convener(s) and do not necessarily represent the opinions of Communiversity, UMKC or the Office of Student Involvement.
art

#1002 C or D
Figure Drawing
Join us in a relaxed setting where you can do a lot of figure drawing. We cycle through several quick one minute gesture drawings, then gradually work up to longer fifteen minute drawings. This class is open to all levels of artists; beginners to seasoned. This class is non-instructive; guidance and advice is given on request. Easels and drawing horses are provided. Please bring your art materials and supplies and a one-time fee of $45 to the first class for model fee and room rental.

CONVENER: Jeff Widener (913-788-3467)  
Email: studio7time@msn.com  
CLASS FEE: $19.00

Sec. C: 5 sessions; Wednesdays, beginning, April 08; 7:15 PM - 9:15 PM; Buena Vista Studio, 4301 W. 51st St., Roeland Park, Ks, I-35 to Roe; Roe south to 51st Street; 51st Street east to Buena Vista; LIMIT : 12

Sec. D: 5 sessions; Wednesdays, beginning, May 13; 7:15 PM - 9:15 PM; Buena Vista Studio, 4301 W. 51st St., Roeland Park, Ks, I-35 to Roe; Roe south to 51st Street; 51st Street east to Buena Vista; LIMIT : 12

#1003 B
Create a Personal Mandala
Jackie Denning will show you a very simple way to create a personal mandala. Anyone can do this even if you think you cannot draw. It is very relaxing and meditative. Once you take this workshop, you can make many more on your own. This project is good for any age and it is good for the soul. Jackie Denning is a native Kansas City artist who works in ceramics, textiles, printmaking and painting. She celebrates the city with her Kansas City themed block prints. Bring $7 to class for materials.

CONVENER: Jackie Denning (727-420-2596)  
Email: jackiedenningart@yahoo.com  
Website: jackiedenningart.com  
CLASS FEE: $10.00

Sec. B: 1 session; Monday, April 12; 6:00 PM - 7:30 PM; Westport Roanoke Community Center, 3601 Roanoke, KC MO, Westport Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT : 15

#1004 A or B
Wood Fired Raku
In the first session we will learn basic hand-building techniques and produce pieces to be bisqued, glazed and raku-fired. In the second session we’ll glaze fire our hand-built work. Be prepared to cut some wood and stoke the kiln to maintain temperature of 1950° F. The pots can be completed in the afternoon. Please send $35 for materials and firing to the Back Door Pottery. If it rains, we will reschedule the second meeting. You may bring lunch or hotdogs to roast.

CONVENER: Rebecca Koop (816-463-6964)  
Email: beckykoop@aol.com  
Website: www.backdoorpottery.com  
CLASS FEE: $14.00

Sec. A: 2 sessions; Saturdays, beginning, April 11; 9:00 AM - 2:00 PM; Back Door Pottery, 3922 St. John Ave., KCMO, 64123; LIMIT : 10

Sec. B: 2 sessions; Saturdays, beginning, April 11; 9:00 AM - 2:00 PM; Back Door Pottery, 3922 St. John Ave., KCMO, 64123; LIMIT : 10

#1005 A or B
Letterpress Stationery
Using a vintage printing press and individual pieces of hand-set metal type, create some luxurious stationery notecards perfect to give away as a gift or to keep for yourself. This relief printing process is the same technology that Johannes Gutenberg used in the 15th century to create the first printed Bible, but it’s widely used today for upscale social stationery, such as business cards, greeting cards, and invitations. Chuck is a production manager for a book publisher in Kansas City and has been practicing the “book arts” for more than 15 years. Please send $20 for handout and materials to The Craftboy Workshop at the address below.

CONVENER: Chuck Harper (816-547-1176)  
Email: chuck@craftboyworkshop.com  
Website: www.craftboyworkshop.com  
CLASS FEE: $14.00

Sec. A: 1 session; Saturday, April 04; 9:00 AM - 1:00 PM; The Craftboy Workshop, 5022 Locust, KC MO 64110; LIMIT : 6

#1006 A
Circle Bouquet—One Night Wonder
You say you’ve never painted on canvas? Dare to Dabble’s instructor will walk you through the steps of creating an acrylic painting of a beautiful spring circle bouquet. We’ll provide the ambiance to inspire your creativity and the supplies. Best of all, at the end of this class you will have a finished painting to take home and brag about. Bring $20 to class for materials.

CONVENER: Erin Pearce (816-287-1531)  
Email: godsydt@gmail.com  
Website: www.daretodabble.com  
CLASS FEE: $10.00

Sec. A: 1 session; Tuesday, April 28; 7:00 PM - 8:30 PM; Dare to Dabble, 1329 Swift, North Kansas City, Mo 64116; LIMIT : 15
#1012 A  
**Bohemian Upcycled Lighting**  
Are you into up cycling? Have you been pining away and thinking, I can do that…someday? “Dare to Dabble” with a project that will give your old Christmas lights a new use. Recycle some plastic cups with fabric remnants to create a bohemian lighting effect for your bedroom, porch or gypsy wagon! We’ll supply the tools, the supplies and the know how to prevent a Pinterest TM fail! We’ll have a fun pile of material scraps to choose from or bring coordinating fabric pieces or fat quarters with your favorite color scheme. Bring $20 to class for materials. Upcycle projects are just one of many creative mediums taught in “I can do that” classes at Dare to Dabble.  
CONVENER: Sheryl Godsy (816-287-1531)  
Email: godsybta@gmail.com  
Website: www.daredodabble.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Tuesday, May 05; 7:00 PM - 8:30 PM; Dare to Dabble, 1329 Swift, North Kansas City, Mo 64116; LIMIT: 15

#1014 B  
**Intro to Alcohol Inks**  
Experience the joy of creating one of a kind works of art with alcohol ink. Alcohol ink is specially formulated to create interesting patterns and effects and can be applied easily to a variety of different materials. In this class, you’ll learn several techniques to apply alcohol ink. You will make a set of four coasters using square ceramic tiles. Once you learn the technique, the possibilities are never-ending! Please bring $8 to class to cover additional materials.  
CONVENER: Bethany Howe (816-813-1838)  
Email: catchbeeswithhoney@gmail.com  
Website: www.catchbeeswithhoney.com  
CLASS FEE: $10.00  
Sec. B: 1 session; Wednesday, April 08; 6:00 PM - 7:30 PM; Sew Bee U, 301 W. 89th St. KC, MO 64114; LIMIT: 6

#1017 A  
**Intro to Silk Screening**  
Students will learn about the variety of silk-screening techniques available to the home artist. We will learn the basics of silk screening by hand. Each student will make their own original fabric or T-shirt print. Please bring a solid white fabric or T-shirt to class. Ages 10 and up.  
CONVENER: Regina Compereolle (816-547-0265)  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $15.00 material fee = $25.00  
Sec. A: 1 session; Tuesday, March 24; 6:30 PM - 8:30 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO; LIMIT: 8

#1019 A  
**Beautiful Gemstone Bead Earrings**  
Make stunning earrings of your own design. You’ll have lots of choices including amber, turquoise, labradorite, lapis, freshwater pearls and more. We’ll make a practice pair using base metal and glass beads before using sterling findings and semi-precious stone beads to make earrings of your own design. You will discover appropriate tools and techniques for bending wire to create your earrings. Bring a needle nose-pliers to class.  
CONVENER: Regina Compereolle (816-547-0265)  
Email: sacredeartharts@aol.com  
CLASS FEE: $10.00 + $25.00 material fee = $35.00  
Sec. A: 1 session; Thursday, March 19; 7:00 PM - 8:30 PM; Dogwood Forest in Kansas City, Kansas, Call or email for details and directions.; LIMIT: 8

#1024 B  
**3D Horizontal Garden Spinning Sculptures**  
Learn how to cut, texture and design a 3-D garden sculpture. No soldering required. Using my designs and techniques you will have a choice of eight patterns to choose from. Please wear gloves and bring a hammer. Samples and step by step demonstration. All other supplies included.  
CONVENER: Marla Di Benedetto  
Email: captaindraiven@gmail.com  
CLASS FEE: $10.00 + $25.00 material fee = $35.00  
Sec. B: 1 session, Saturday, April 18; 1:00 PM - 3:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO; LIMIT: 10

#1025 A  
**Fun Mosaic Garden Stepping Stones**  
Enjoy an afternoon making two stepping stones for your garden or a path. Step by step instruction with demonstrations. Please bring gloves as the glass is sharp. You will learn how to cut glass and how to make stepping stones at home. All other supplies provided.  
CONVENER: Marla Di Benedetto  
Email: captaindraiven@gmail.com  
CLASS FEE: $10.00 + $25.00 material fee = $35.00  
Sec. A: 1 session; Saturday, March 14; 1:00 PM - 5:00 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO; LIMIT: 15

#1029 B  
**Wonderful Watercolors**  
Explore the wonderful world of watercolor. I will take you step by step from the beginning. Enjoy learning and practicing new techniques and having fun. We will cover salt, masking, wet on wet and more. Students will take home two finished projects, one landscape and one of birds.  
CONVENER: Marla Di Benedetto  
Email: captaindraiven@gmail.com  
CLASS FEE: $14.00 + $15.00 material fee = $29.00  
Sec. B: 1 session; Saturday, April 25; 12:00 PM - 5:30 PM; Brush Creek Community Center, 3801 Brush Creek Blvd., KCMO; LIMIT: 10

#1031 C  
**Art of Clay: Hand-Building**  
This class will introduce participants to several techniques of constructing hand-built functional and/or sculptural pottery forms using stoneware clay and glazes. We strongly suggest taking this class before the wheel-throwing class. Please bring $50 to the first class for materials and firings. You may only take this class once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramic arts and education in Kansas City. Sorry, but missed classes cannot be made up and fees are not reduced.  
CONVENER: KC Clay Guild Staff (816-363-1373)  
CLASS FEE: $18.00  
Sec. C: 4 sessions; Mondays, beginning, April 06; 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMO; LIMIT: 8

#1032 C  
**Art of Clay: Wheel-Throwing**  
This class is an introduction to the potters’ wheel. Participants will learn how to center clay and create several basic forms using electric potter’s wheels. We strongly suggest taking the hand-building class before the wheel-throwing class. Please bring $50 to the first meeting for materials and firings. You may only take this course once. The KC Clay Guild is a not-for-profit artist collective dedicated to supporting the ceramics arts and education in Kansas City. Sorry, but missed classes cannot be made up and fees are not reduced.  
CONVENER: KC Clay Guild Staff (816-363-1373)  
CLASS FEE: $18.00  
Sec. C: 4 sessions; Mondays, beginning, April 06; 6:30 PM - 8:30 PM; KC Clay Guild, 200 W. 74th St., KCMO; LIMIT: 8

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**Art enables us to find ourselves and lose ourselves at the same time. ~ Thomas Merton**
Wine & Watercolors
Paint and sip . . .
to a finished watercolor painting!
Step-by-step guidance by Marcia
Art supplies provided
No experience necessary
MarciaWillman.com/
wine-watercolors

Learn Pottery!
We offer hand-building & wheel
throwing for children and adults.
Drop in for a free tour... our volun-
tee staff would love to meet you!

- Adult classes: M-Th, 6-9 pm,
  Sat. 9:30 am - 12:30 pm
- Kids classes every Saturday
- Friday & Saturday “Fun Nights”
  - Workshops and exhibits
  - Raku Firing events
  - Adult and kid parties
- Events for non-profit orgs
816-363-1373
hours: M-Th, 10-9p, F-Sa,
10-10p, Su, 1-5p
www.kcclayguild.org
200 W. 74th St. KCMO

UMKC Conference
and Event Resources
Planning events and conferences on a college
campus has never been easier! UMKC’s
model of single point-of-service is of benefit
to all guests and clients that visit our campus.
With the options we have for our guests,
UMKC is a premier location and has many
amenities to offer from special events to
multi-day conferences to summer camps and
conferences!
Conference and Event Resources at UMKC
coordinates the events in the following
facilities in addition to summer camps and
conferences on the UMKC campus

Atterbury Student Success Center
- Pierson Auditorium
- 3 state of the art classrooms for breakouts
- Chancellor’s Dining Room
- 7 day a week availability

UMKC Student Union
- Large Multi-Purpose Room
- 5 breakout rooms for all meeting needs
- Large Theater suitable for performances and lectures
- 7 day a week availability

Summer Camps and Conferences
- Both apartment and residence hall style of living
- Flexibility in length of program over the summer
- Multiple meeting spaces available for use
- On campus dining options
- Swinney Recreational Facility

Please contact Travis Dixon, Conference
Coordinator, to set-up time to discuss
your conference needs!
Thank you for your interest in holding
a conference at UMKC!
Conference and Event Resources
5100 Cherry Street, Suite 310, Kansas
City, MO 64110
Phone: 816-235-1416
Email: dixontw@umkc.edu

DANCE CLASSES FOR EVERYBODY
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  workshops in the city
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SPRING SESSION BEGINS
MARCH 30TH
Spring Classes
for Beginning Adults
Specials Available
Modern Improvisation Mon. 7:00 PM
Tap Mon. 7:00 PM
Modern Mon. 6:00 PM
Hip Hop Mon. 6:00 PM
Indian Classical Tues. 5:00 PM
Belly Dance Tues. 6:00 PM
Jazz Tues. 6:00 PM
World Dance Fusion Tues. 7:00 PM
West Afrikan Tues. 8:30 PM
Afro Aerobics Wed. 6:00 PM
Ballet Wed. 5:00 PM
Clowning Wed. 6:30 PM
Hip-Hop Thu. 7:30 PM
Flamenco Thu. 6:30 PM
Burlesque Thu. 8:30 PM
Kung Fu Fri. 7:00 PM
Ballet Sat. 10:30 AM
Hip-Hop Sat. 11:00 AM
For a complete schedule
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or visit: www.cityinmotion.org

Save the Dates!
Modern Night at the Folly
February 28th, 2015
CIM Company Concert
May 1st, 2nd and 3rd, 2015

REGISTER BY PHONE: 816-235-1407           FREE FOR UMKC STUDENTS           SPRING 2015 5
#1102 B
English Country Dance
Most commonly known for being part of Jane Austen movies like “Pride and Prejudice,” English Country Dance was popular for almost 400 years and died out around 1870. The dance involves beautiful patterns, graceful moves, and a full range of music from waltzes to jigs. One dance might be slow and graceful, and the next might have you laughing breathlessly. Please bring $5 to contribute towards room rental.
CONVENER: Martine Roesel
Website: wkiceanglishdance.weebly.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, April 04; 6:30 PM - 9:30 PM; Immanuel Lutheran Church, Luther Hall, 1700 Westport Rd. Kansas City, MO 64111, Use back door on north side of church; LIMIT: 30

#1103 B
West Coast Swing
This type of swing dance is a smooth dance done to many types of music. Traditionally danced to rhythm and blues, it has now branched out to country, rock, disco and funk. It is danced on a slot, allowing each partner freedom of expression. We will start with the basic pattern and add a new pattern weekly. No partner necessary. Review each week! Bring $5 per meeting for room rental.
CONVENER: Kyle Patel
CLASS FEE: $18.00
Sec. B: 4 sessions; Sundays, beginning, March 29; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar. 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building.; LIMIT: 20

#1104 B
Beginning Ballroom Dance
Love the dance shows on TV and cinema? Take a step in the direction of dancing like the stars. You will be able to dance at office functions and parties after this introductory class. You will learn the foxtrot, waltz, swing, rumba and a bonus dance of your choice. This is a perfect class to prepare for upcoming weddings. Bring your guests and in-laws. Toi is a former ballroom competitor. Please bring $5 to each class for room rental.
CONVENER: Toi Shaw (816-305-2931)
Email: kctango2001@aol.com
CLASS FEE: $18.00
Sec. B: 4 sessions; Tuesdays, beginning, March 24; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar. 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building.; LIMIT: 20

#1105 B
East Coast Swing
From 40’s swing music to rhythm and blues, we’ll do it all! Are you ready to put the bounce in your step? This beginning to intermediate swing class features many fun and flashy variations. It’s so much fun, you won’t notice what a great workout you’re getting! Please bring $5 to each class for room rental.
CONVENER: Toi Shaw (816-305-2931)
Email: kctango2001@aol.com
CLASS FEE: $18.00
Sec. B: 4 sessions; Tuesdays, beginning, March 24; 8:00 PM - 9:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar. 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building.; LIMIT: 20

#1106 B
Salsa!
It’s time to heat up with one of the most popular dances on the dance floor today. With the resurgence of Latin and Cuban music, this dance has become a phenomenon. We will start with basic moves, adding technique and style as we become comfortable with leading and following. No partner is necessary. Please bring $5 to each class for room rental.
CONVENER: Toi Shaw (816-305-2931)
Email: kctango2001@aol.com
CLASS FEE: $18.00
Sec. B: 4 sessions; Wednesdays, beginning, March 25; 8:00 PM - 9:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar. 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building.; LIMIT: 20
BANDS PERFORM LIVE ON-AIR
LISTENERS CALL IN TO BID
ARTISTS PERFORM A 2 HOUR SHOW
WITHIN THE NEXT YEAR AT YOUR EVENT

ALL ARTISTS & INFO AT KKFL.ORG/BANDAUCTION

APRIL 3rd to APRIL 12th
**#1107 B**

**Argentine Tango**

This dance originated in Argentina and is one of the most popular dances in America. Learn to dance this passionate dance step-by-step starting with the basics and ending with very impressive but simple combinations. No experience required, nor do you need a partner. We will have a practice party (Milonga) each Wednesday to give you a chance to try your new tango skills. Please bring $5 to each class for room rental. Come join the fabulous tango community in Kansas City!

CONVENER: Tof Shaw (816-305-2931)

Email: kstarugo2001@aol.com

Website: cityinmotion.com

CLASS FEE: $18.00

Sec. B: 4 sessions; Mondays, beginning, March 23; 7:00 PM - 8:00 PM; KC Dance, 6101 Martway, Mission, KS, 1 blk. S. of Johnson Dr. and 1/2 block E. of Lamar. 2 story bldg across the street from Powell Community Ctr. Park anywhere and go downstairs when in building.; LIMIT: 20

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**#1108 D, E or F**

**Pre-Ballet/Creative Movement for Kids**

Kids learn coordination and cooperation as they learn to explore space, playfully exploring movement techniques. Ages 3-5.

CONVENER: City in Motion Staff (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. D: 1 session; Monday, March 30; 4:00 PM - 4:45 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

Sec. E: 1 session; Tuesday, March 31; 6:00 PM - 6:45 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

Sec. F: 1 session; Wednesday, April 01; 6:00 PM - 6:45 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1109 B**

**Tap Dance for Adults of All Ages: Basic Beginners or Beginners Again**

If you have always wanted to learn to tap dance, but never had the time, the confidence, or the opportunity now is the time to prove you can do it! Also, if you are a former tap dancer who wants to brush up and renew old skills, Billie Mahoney, internationally acclaimed tap dance artist, is the one to help you. Emphasis is on technique and style while learning the first steps of shim sham and soft shoe.

CONVENER: Billie Mahoney (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Monday, March 30; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1110 C**

**Belly Dance is Fun**

You’ve always wanted to take a belly dance class, so... come on down! Get loose and coax your body to flow in ways that you’ve never imagined with the upbeat, captivating rhythms of far-away places. Belly dance is a combination of strength, posture, flexibility and muscle control. Fun and fitness can be yours if this addictive habit is right for you.

CONVENER: Halah Zeki (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Tuesday, March 31; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1111 B**

**West African Dance**

This class teaches the traditional poly-rhythmic movement elements of West African dance from the old Malian empire. This is a very energetic aerobic class!

CONVENER: Danny Hinds (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Tuesday, March 31; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1112 B**

**Adult Jazz Dance**

Strut your stuff in this fun and energetic class. Learn basic dance technique, work on flexibility and timing, and explore several styles of jazz dance.

CONVENER: Stephanie Whiller (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Tuesday, March 31; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1113 B**

**World Dance Fusion**

Inspired by the world music/fusion movement, this class will present a sampler of contemporary ethnic and fusion dance forms, urban Gypsy fusion, rumba, Latin, pop, pirate/port, Bollywood, Polynesian/Hula fusion, tropical, Caribbean, etc.). Learn universal and ethnic dance moves, traditional and fantasy folkloric steps, combined in new and interesting ways, and set to world music. Fun exercise with opportunities for performance! Suitable for all ages and all levels.

CONVENER: Nicole "Nika" English (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Tuesday, March 31; 7:00 PM - 8:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1114 B**

**Indian Classical Dance**

We emphasize technique and style while learning the traditional Manipuri dance pattern. Learn the exotic “Mudras” (hand symbols), rhythmic body techniques and vigorous acrobatics of Manipuri dance with live “Mridanga” (drum). Open to all levels of dancers. We dance barefoot.

CONVENER: Rafia Rasu (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Tuesday, March 31; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1115 B**

**Afro-Aerobic Dance**

This class is for anyone who would like to feel and look good in the body that nature gave us. We will do African and Caribbean Dance aerobics to recorded and live Reggae and West African music. So, come have fun and get into shape at the same time.

CONVENER: Vanessa Gibba (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. B: 1 session; Wednesday, April 01; 5:00 PM - 6:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**#1116 C or D**

**Beginning Adult Ballet**

No prior experience required! This is an introduction to ballet. We utilize an anatomy/physiology approach to gently stretch and strengthen the body. Come learn the basics of this art form. This is a great class for first—timers or those who would like to be reintroduced to ballet.

CONVENER: City in Motion Staff & Lillian Francis (816-561-2882)

Email: cityinmotion@aol.com

Website: cityinmotion.com

CLASS FEE: $10.00

Sec. C: 1 session; Wednesday, April 01; 6:00 PM - 7:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

Sec. D: 1 session; Saturday, April 04; 10:30 AM - 12:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy), KCMD; LIMIT: 10

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**If you can’t get rid of the skeleton in your closet, you’d best teach it to dance. ~ George Bernard Shaw**

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**WHOLISTIC HEALTH FAIR**

SUNDAY, March 22nd
11 AM - 6 PM
NEW LOCATION: STUDENT UNION
5100 CHERRY, KCMO
EXHIBITOR SPACE IS STILL AVAILABLE
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**Summer Deadline: April 3**

Call 815-235-1407
cu.umkc.edu
#1118 B
Flamenco!
This workshop will be geared toward adults interested in an introduction to the rhythms, movement, and history of Flamenco dance. Wear comfortable workout type clothing and heeled shoes.
CONVENER: Cindy Black (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Thursday, April 02; 6:30 PM - 7:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10

#1119 D, E or F
Hip Hop
Hip Hop dance originated from rap music. This ever-evolving form creates a high-energy, visually exciting dance style just like music videos. Come learn choreography from street dance to club dance. Teenagers and adults welcome.
CONVENER: Bobby Ray & City in Motion Staff (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. D: 1 session; Monday, March 30; 8:00 PM - 9:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10
Sec. E: 1 session; Thursday, April 02; 7:30 PM - 8:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10
Sec. F: 1 session; Saturday, April 04; 11:00 AM - 12:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10

#1204 A
Introduction to Scottish Bagpiping
Stirring, powerful, emotional—all describe the amazing music of the Great Highland Bagpipe. Begin your playing journey with an established Kansas City bagpipe band and instructors with decades of teaching and playing experience. You must have basic music reading abilities. Wind instrument experience is a plus. Your instruction begins on a “practice chanter” (a small mouth blown instrument similar in size and sound to a recorder). The material fee includes a new practice chanter, reed, and instruction book.
CONVENER: Steve Kidwell & Kevin Gistrap (816-984-7049)
Email: skidwell1@gmail.com
CLASS FEE: $18.00 + $105.00 material fee = $123.00
Sec. A: 6 sessions; Saturdays, beginning, April 04; 9:00 AM - 9:45 AM; St. Paul’s Episcopal Church, 40th & Main, KCMO; LIMIT: 6

#1205 A
Re-Discover Your Voice
Explore the connection between your voice and your inner and outer selves. We’ll focus on the fundamentals, such as practices that strengthen your posture and respiratory system, vocal warmups to keep your voice vital and strong, and the foundation of healthy vocal production to maintain your voice throughout your lifetime. My holistic approach addresses the body and the mind, utilizing yoga stretches and meditation. Riva Capellari has a Masters in Vocal Performance from the University of Michigan. Please bring $2 to class for materials.
CONVENER: Riva Capellari
Email: rivacapellari@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, March 14; 10:00 AM - 11:00 AM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

#1120 B
East Coast Swing
Learn the basics of East Coast swing plus a variety of turns and moves that will give you confidence on the dance floor. Come with, or without, a partner and be prepared to have fun!
CONVENER: Ann Shaughnessy (816-561-2882)
Email: cityinmotion@aol.com
Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Friday, April 03; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10

#1121 B
Beginning Irish Dance
Have you ever wanted to learn Irish dance? If so, please join us and we will teach you the basic steps and show you how to incorporate them into traditional Celtic dances. In eight weeks you will be able to recognize dances and feel comfortable getting up to dance at any Irish Ceili. Minimum age is 15. You must register in advance. Come and join the fun!
CONVENER: Cianna Erinne Celtic Dancers
Email: ocotidancercianna@gmail.com
CLASS FEE: $18.00
Sec. B: 8 sessions; Tuesdays, beginning, March 24; 7:00 PM - 8:30 PM; Uptown Arts Bar; upstairs room, 3611 Broadway, KCMO (parking in back and across the street); LIMIT: 16

#1207 B
Women of the Drum
In this women’s class, you will learn the basic hand techniques for djembe or conga and try your hand at some basic rhythms from Haiti and Brazil. Beginning and intermediate level players welcome. Bring a djembe or conga style drum or call convener if you need to borrow one.
CONVENER: Regina Compenrole (816-547-2666)
Email: sacedwardthar@aol.com
CLASS FEE: $10.00
Sec. B: 1 session; Sunday, March 29; 6:00 PM - 7:00 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10

#1301 A
Acting for All
Improve your acting performances regardless of experience and skill level. Each class will begin with a warm up that will develop your mind and body as an instrument to portray human drama and emotions across a wide variety of situations. Pairs will be assigned to work on and develop the scene with your partner week to week, culminating in a showcase performance at the end of the month. Participants must be 18 years of age or over.
CONVENER: J Michael Hudson
Email: michaelhudsonprojects@gmail.com
Website: www.jmichaelhudson.com
CLASS FEE: $18.00 + $20.00 material fee = $38.00
Sec. A: 5 sessions; Fridays, beginning, April 3; 7:00 PM - 11:00 PM; Education Bldg, Rm. 115, 615 E 52nd St., 52nd & Holmes, UMKC Campus, KCMO.; LIMIT: 32

#1302 B
Introduction to Storytelling
Performance storytelling is everywhere. From The “Moth” and “This American Life” to schools and theaters, oral storytelling is captivating audiences everywhere. Have you always wanted to tell a good story but weren’t sure if you had anything to say? Do you love fairy tales? Learn the basics of story creation, practice and performance. You’ll have a chance to tell your tale to your fellow students and will leave with a story worth hearing. Bring $10 to class for materials.
CONVENER: Laura Packer
Website: http://www.laurapacker.com
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, March 14; 1:00 PM - 4:00 PM; Plaza Library, Large Room, 4601 Main Street, Kansas City, MO 64112; LIMIT: 15

#1303 B
Burlesque 101
Find your own inner burlesque queen, while learning the sexy, freeing moves of this entertainment art form! Different techniques of burlesque will be taught to you in a light and fun manner with an all-female class atmosphere. This class will improve your self-esteem and give you the power to dabble in something new and exciting. “Burlesque” will be taught in a progressive style.
CONVENER: City in Motion Staff (816-561-2882)
Email: cityinmotion@aol.com; Website: cityinmotion.com
CLASS FEE: $10.00
Sec. B: 1 session; Thursday, April 02; 8:30 PM - 9:30 PM; City in Motion School of Dance, 3925 Main (across Main St. from CVS Pharmacy); KCMO; LIMIT: 10
#2002 B
## Retirement Elevated
Are you nearing or already in retirement? Attend this course and acquire the tools to make sound financial decisions that will guide you to and through retirement. Learn how to: Define retirement and what’s important to you; Realistically estimate your income and expenses; Strategies for creating an income that will last a lifetime; Costly Social Security mistakes and how to avoid them. Reduce expenses and preserve the value of your estate, and much more. Bring $32 to class for extensive workbook.

**CONVENER:** Scott Dougan (913-543-3335)

**CLASS FEE:** $14.00

**Sec. B:** 2 sessions; Tuesdays, beginning, April 28; 6:30 PM - 9:00 PM; Education Bldg, 260, 615 E 52nd St, 52nd & Holmes, KCMO UMKC campus; LIMIT: 35

#2004 B
## College Financial Aid 101
Whether you’re a high school senior going to college in the fall, a current college student, an adult going back to school, or a guardian of any of the above, this workshop is for you. We will be going over the different kinds of financial aid that are available, how to apply for different types of financial aid, and answering any questions you may have about completing your free application for federal student aid.

**CONVENER:** Juneall Lane & Megan Hinkle (816-332-1546)

**Email:** jhinkle@mail.umkc.edu

**CLASS FEE:** $10.00

**Sec. B:** 1 session; Saturday, March 28; 2:00 PM - 3:30 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2007 A
## Emotions, Expectations and Economics
In this workshop, we’ll discuss how emotions affect investment decisions, general market expectations for three types of investors, and lessons from the last 82 years of U.S. economic history. Warren Varney (MoneySmartLiving), an investment advisor representative, has over 30 years of experience helping people manage money, debt, investments and retirement planning while building successful and fulfilling lives. Securities offered through Peak Brokerage Services, LLC; Member FINRA/SIPC.

**CONVENER:** Warren Varney (816-861-7449 816-309-5815)

**Email:** warren@moneysmartliving.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, May 07; 6:30 PM - 8:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2010 A
## Road Map to Retirement
Learn how “mile marker” conversations can help make your road to retirement a smoother one. Review your asset allocation and retirement strategy. Consider taking advantage of “catch-up contributions.” Review your healthcare and long-term care costs. Weigh the pros and cons of rolling money over to an IRA. Consider ways to help re- tirement income last two lifetimes with strategies to maximize Social Security benefits. Warren Varney (MoneySmartLiving) has 30 years of experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC; member FINRA/SIPC.

**CONVENER:** Warren Varney (816-861-7449 816-309-5815)

**Email:** warren@moneysmartliving.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, April 16; 6:30 PM - 8:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#2011 A
## Investment Fundamentals
Today, people realize that they need a sound investment strategy to achieve their financial goals. We will focus on the five myths and truths of investing, strategies that could help your money work smarter and harder, how to select investments that match your objectives, diversifying your portfolio to help limit your exposure to risk and the benefits of professionally managed money. Please bring $3 to class for materials. Warren Varney (MoneySmartLiving) has 30 years of experience helping build successful and fulfilling lives. Peak Brokerage Services, LLC; member FINRA/SIPC.

**CONVENER:** Warren Varney (816-861-7449 816-309-5815)

**Email:** warren@moneysmartliving.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, April 30; 6:30 PM - 8:30 PM; Student Union (New), Rm. 419, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 20

#2012 C or D
## Selling on eBay Intro
Got stuff? Have something that you don’t want that you want to sell i.e. collections, store merchandise, crafts, antiques, overstock, and junk? eBay is the place! This intro will teach you about pricing, shipping, listing, etc to allow you to be able to start selling things online. Some Internet and e-mail experience recommended.

**CONVENER:** Robert Frankie (816-942-9041)

**Email:** frankie22@kc.rr.com

**Website:** kktannon.com

**CLASS FEE:** $10.00 + $3.00 material fee = $13.00

**Sec. C:** 1 session; Saturday, April 04; 9:00 AM - 12:00 PM; Plantheim Hall, Rm. 260, 5110 Rockhill Rd, UMKC Campus, KCMO; LIMIT: 16

**Sec. D:** 1 session; Wednesday, May 06; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO; Parking lot on Charlotte, Bring picture ID. LIMIT: 16

#2103 A
## Starting a Business and Selecting an Entity
Starting a business can be lucrative and rewarding but how do you get started? This class will help shed light on the most important aspects of starting a business including entity selection, whether or not to create an LLC, tax filings that are required for the various entities and whether or not an EIN is required and how to get one. Please bring $5 to class for materials.

**CONVENER:** Julie B. Bailey, E.A., NTPI Fellow

**Email:** juliebailey@outlook.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Tuesday, April 21; 7:00 PM - 8:30 PM; 8926 Santa Fe Drive, Overland Park KS 66212, Boardroom, 2nd Floor; LIMIT: 12

#2104 C or D
## Business and Non-Profit Start-ups or Start-overs Finally Made Easy
If your dream is to start or improve a business or non-profit, this workshop is for you. You will be introduced to tools, tips, and techniques that will help you jumpstart your organizational success. This includes learning to use an exclusive step by step template with a questionnaire that guides you through developing your initial ideas, writing your business plan, and locating potential funding resources. Please bring $11 to the workshop to purchase the optional data CD including the step by step template with website embedded links for $50.

**CONVENER:** Barbara Wright

**Email:** certifieddreambuilder@yahoo.com

**Website:** www.certifieddreambuilder.com

**CLASS FEE:** $10.00

**Sec. C:** 1 session; Saturday, March 21; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

**Sec. D:** 1 session; Saturday, April 18; 11:30 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
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www.SacredEarthArts.com
#2105 B or C
Planning for Your Personal or Business Success in 2020 and Beyond

Personal and business success becomes easier to reach and keep when you develop and follow a strategic plan that projects into 2020 and beyond. You will be introduced to tools, tips and techniques including: Practice test for high stakes exams and self-evaluation; locating demographic, geographic and psychographic data to help you in futuristic planning; and resources for scholarships, grants and investors for funding your academic, business and personal goals. Please bring $11 to the workshop to purchase your required materials. You can also purchase the optional data CD including the step by step planning template with embedded links for $50.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

#2109 C or D
Grant Writing Finally Made Easy

Whether you are a new or existing non-profit, for-profit, or starting a new grant writing business, this workshop will introduce you to an exclusive system that will help you learn to write quality grants in half the time. The workshop includes tips for making your grant more attractive for funding, finding the commonalities and differences in grant RFPs, locating sample grants, locating open grants and step by step instructions for using the exclusive questionnaire template. Please bring $11 to the workshop to purchase your required materials. You can also purchase the optional data CD including the step by step template with embedded links for $50.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

#2107 C
Opening a Store Finally Made Easy

You will learn how to use an easy exclusive step-by-step template that walks you through the opening of a brick and mortar, online store or adding a retail component to any business or non-profit. This includes: initial business planning, meeting regulatory requirements, possible funding strategies, current wholesalers and manufacturers with quality products at the lowest prices; and many tools, tips and techniques. Please bring $10 for the required workbook used in the workshop. You can also purchase the optional digital workbook on CD for $50.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

#2108 C
Opening a Child Care Center or School Finally Made Easy

You will be introduced to the commonalities of opening a child care center or school. These commonalities include initial business planning, regulatory requirements, best practices, selecting or developing a curriculum and possible funding sources. You will need to bring $11 for the workbook used in the workshop. You can also purchase the optional digital workbook on CD for $50.

CONVENER: Barbara Wright
Email: certifieddreambuilder@yahoo.com
Website: www.certifieddreambuilder.com
CLASS FEE: $10.00

#2301 A
Help Create an Urban Farmsteading Neighborhood in Kansas City, Kansas

Tour and learn about the urban farm and techniques I’ve employed on behalf of the nonprofit I’ve founded: Quindaro Gardens Mutual Aid Society. I’ll show the adjacent house and explain the means of acquisition at a tax sale and the steps taken for renovation. You’ll also tour and learn about the availability of nearby vacant lots. Finally, Passive House, low cost, super energy efficient construction will be discussed. I also encourage you to drive around in the neighborhood before or after the class. I have developed a list of the owners of the unoccupied houses who may want to sell them.

CONVENER: Paul Grahovac (785-830-7355)
CLASS FEE: $10.00
Sec. A: 1 session, Saturday, May 09; 10:00 AM - 12:00 PM; Urban farm in the target neighborhood, 3027 N 11th Street, Kansas City, Kansas; LIMIT: 20

#2303 A
Household Cleaning using Essential Oils and All Natural Products

Ditch the toxic household chemicals and learn how you can clean with essential oils and natural products instead! Discover which essential oils have antibacterial properties, and make your own homemade dryer sheets to take home! Plus, you’ll get recipes for making your own cleaning products, air fresheners, clothes wrinkle remover, bug repellant (great for humans and pets) and bug spray recipes to help rid your home of pesky critters. Christy Lonergan is a certified holistic health coach specializing in detoxification.

CONVENER: Christy Lonergan
Email: christy@NourishingHealthAndWellness.com
CLASS FEE: $10.00 + $5.00 material fee = $15.00
Sec. A: 1 session; Tuesday, April 14; 7:00 PM - 8:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20
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~ Lão Tzu

#2307 B
The Art of Living Space
Looking for something different in your life? Could’n we all use a little more prosperity, a little peace between our walls (or maybe between our ears), or even some sizzle in the sack? Feng shui can help you realize these goals. Learn the what, where, why and how of feng shui. What is it? Where did it come from? Why did it evolve? Why should I use it? How does it work? How do I apply it? Apply all of this to your space and see what sizzles.

CONVENER: Shea Geist (913-284-8177, 913-284-8177)
Email: shea@fengshea.com
Website: www.fengshea.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, March 14; 1:00 PM - 2:30 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 5

#2309 A
Tuckpointing
Does your foundation have cracks, crumbling mortar or other kinds of disrepair? Learn how to prepare and repair those spots so it will last. Bring work gloves if you’d like or simply come and observe as we repair a portion of a stone foundation. Please bring $5 to class for cover class handouts.

CONVENER: Steve Mann & Michael Almond (816-352-9213)
Email: steve@prairie trading.com
Website: prairie trading.com
CLASS FEE: $14.00
Sec. A: 2 sessions; Tuesdays, beginning, April 07; 7:00 PM - 9:00 PM; UMKC School of Medicine, Theatre C, first floor, 2411 Holmes, KCMO, Parking is on Charlotte, Bring picture ID; LIMIT: 30

#2311 A or B
Getting Your House Ready to Sell
Get your house ready to sell for as much and as fast as you can. What are the five things that every homeowner should know before placing your home on the market? Also, what are some of the recent changes in the mortgage market that you need to be aware of for your next home purchase? Learn from long time Reece and Nichols agents and a loan officer how to maximize your net profit.

CONVENER: Stacey Johnson Cosby & Doug Knetzer (816-591-5921)
Email: johnsoncs2@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, March 19; 6:00 PM - 7:30 PM; Reece & Nichols Office & Parking, 434 W. 46th Terr., KCMO 64112; LIMIT: 24
Sec. B: 1 session; Thursday, April 16; 6:00 PM - 7:30 PM; Reece & Nichols Office & Parking, 434 W. 46th Terr., KCMO 64112; LIMIT: 24

#2312 A
Watershed Design in Landscape
Learn how watershed management protects and benefits your structure. We’ll see how rainbarrels, gutters, sculpting the land, dry creek beds and plantings can work in favor of your project and be sustainable in the long term. We’ll meet on site of a new structure. Please bring $3 for handout.

CONVENER: Zoe LaGrece & Zac LaGrece (816-838-0660)
Email: zoealgrece@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, April 18; 1:00 PM - 3:00 PM; 1029 S. 47th Terr, KCKS, Frontage Rd, Metra Park Use, East of 146th, east on 146th, go west on 146th, go west on 47th Terr, go south on 47th Terr; LIMIT: 20

#2601 B or C
Building a Website, the Quick and Easy Way!
It seems that having a web presence these days is more important than ever. There are hundreds of tools at our disposal but they are not all easy to use. This class will introduce you to the study of fossils, paleontology, and will teach you the necessary tools to identify some common area fossils. We will tour the UMKC Geosciences museum on Friday night in preparation for our fossil dig Saturday.

CONVENER: Elizabeth Goodden (816-421-0281)
CLASS FEE: $14.00
Sec. A: 2 sessions; Fridays, beginning, May 08; 6:30 PM - 7:30 PM; Flarsheim Hall, Rm. 271, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#2704 A
Fossils for Everyone
Yes, believe it or not, now landlocked Kansas City was once submerged under a shallow sea, full of plant and animal life we can still learn about! The road cuts around the metro provide us a glimpse into our distant past, with some surprising finds! This class will introduce you to the study of fossils, paleontology, and will teach you the necessary tools to identify some common area fossils. We will tour the UMKC Geosciences museum on Friday night in preparation for our fossil dig Saturday.

CONVENER: Elizabeth Goodden (816-421-0281)
CLASS FEE: $14.00
Sec. A: 2 sessions; Fridays, beginning, May 08; 6:30 PM - 7:30 PM; Flarsheim Hall, Rm. 271, 5110 Rockhill Rd., UMKC Campus, KCMO; LIMIT: 20

#2703 A
Beginning Astronomy
Join members of the Astronomical Society of Kansas City and discover the wonder of the night sky! No telescope or previous observing experience required. Discussion and presentations are in the classroom until dark, then observing on clear nights at the Warco Observatory on top of Royall Hall. Dress appropriately—it can be chilly up there. We will have telescopes and binoculars. Class meets even if cloudy. Convener is a long-time member of the Astronomical Society of Kansas City and volunteer at UMKC’s Warco Observatory.

CONVENER: Denise Moser (816-225-2053)
Email: denneyzen@gmail.com
Website: www.askc.org
CLASS FEE: $14.00
Sec. A: 2 sessions; Fridays, beginning, April 10; 7:30 PM - 9:00 PM; Royall Hall, Rm. 404, 52nd & Rockhill Rd., Between Rockhill and Holmes, UMKC Campus, KCMO; LIMIT: 20

TEACH A COMMUNITY UNIVERSITY CLASS
Expose others to your interests, talents and passions.
Summer Deadline: April 3
Call 815-235-1407
cu.umkc.edu

#2801 B or C
The Truth About The Oldest Fraternal Organization In The World
Learn why masonry has been a major force for hundreds of years in the development of the American way of life. Find out the real story behind it.

CONVENER: Thomas Stickland (913-787-3154)
Email: tstickland@gmail.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, March 26; 2:00 PM - 4:00 PM; Northeast Kansas Scottish Rite Center, 5201 W. 73th Street, Prairie Village, KS 66208; LIMIT: 20
Sec. C: 1 session; Thursday, March 26; 7:00 PM - 9:00 PM; Northeast Kansas Scottish Rite Center, 5201 W. 73th Street, Prairie Village, KS 66208; LIMIT: 20
#2802 A
Gangland Wire: The Rise and Fall of the River Quay

The Convener was assigned to the KCMO PD Intelligence Unit during the 1970s. He was a firsthand witness to the La Cosa Nostra war that ended the popular entertainment district known as the River Quay. He produced a documentary film about this situation titled, Gangland Wire. He will show excerpts from his film and share an insider’s knowledge of those events.

CONVENER: Gary Jenkins
Website: www.ganglandwire.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, April 16; 7:00 PM - 9:00 PM; Student Union (New), Rm. 302, 5100 Cherry, Kansas City, MO 64110, metered parking on 5th floor of new parking structure at 50th and Oak; LIMIT: 40

#2803 A
Negroes to Hire: Slave Life and Culture on Missouri Farms

The convener produced a documentary film using Missouri experts, descendants of Missouri slaves, actors reading from the Missouri Slave Narratives and period newspaper articles. He depicts the day to day life and culture of an antebellum Missouri slave farm. You will see excerpts from the film and participate in a group discussion. For more information, go to: www.lifedocumentaries.com.

CONVENER: Gary Jenkins
Website: www.ganglandwire.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, May 07; 7:00 PM - 9:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 40
#2804 A
Exploring Toys and Miniatures

The National Museum of Toys and Miniatures, home to the world’s largest collection of fine-scale miniatures and one of the largest toy collections on public display in the United States, is undergoing a major renovation. In preparation for reopening, museum staff will be offering an in-depth course on the museum’s collection and new exhibits. Discover miniature worlds and learn about the past on a six-week journey through the social and artistic history of toys and miniatures. After completion of the course, participants may continue their training and become museum docents.

CONVENER: Museum Staff
Email: mertenkler@toyandminiaturemuseum.org
Website: http://toyandminiaturemuseum.org/
CLASS FEE: $0.00 (the class fee is waived)
Sec. A: 6 sessions; Tuesdays, beginning, March 24; 5:30 PM - 7:30 PM; The National Museum of Toys and Miniatures, 5255 Oak St., Kansas City, MO; LIMIT: 12

#2901 A
Horse Sense for the Workplace

Trouble focusing? Interruptions? Distractions? Petty office squabbles? Gossiping co-workers? Intrusiveness? Disrespect? Yuck! Let horses give you a new perspective on your ability to respond to common workplace challenges. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as an equine specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as a mental health specialist and has many years of experience as a clinical social worker.

CONVENER: Cathy Cowger & Bonnie E. Benson, LCSW
(816-914-3601)
Email: cathy.cowger@gmail.com
Website: www.cedarlanefarm.us
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Saturday, May 02; 10:00 AM - 12:00 PM; Cedar Lane Farm, 13004 NW 81st Street, KCMO 64152; LIMIT: 10

#2902 A
So You Want to Be a Librarian?

Professional librarians enjoy rewarding, intellectually challenging careers in a rapidly changing environment. Tech savvy, bright, service oriented librarians have opportunities in school, public, academic and special libraries. Modern librarians learn web development skills, information skills, research skills; learn to manage electronic resources, copyright, acquisitions and more. Master the world of information! Chris is on faculty at the University of Missouri, School of Information Science and a business librarian for UMKC.

CONVENERS: Chris LeBeau (816-225-6371)
Email: lebeau@umkc.edu
CLASS FEE: $10.00
Sec. A: 1 session; Tuesday, April 14; 6:00 PM - 8:00 PM; Miller Nichols Library, Room 114, 111st Street between Rockhill & Holmes, UMKC Campus, KCMO; LIMIT: 20

#3001 A
How to Cook with Fresh Herbs from the Garden

This will be a hands-on, culinary product-making class. Class products will include an herbal butter, vinegar, and salt, which I provide. Besides making these products there will be an early spring garden tour, and some herbal dishes to taste. Please be on time and shoes need to be removed at the main door. Each person must bring the following: A 1 cup jar with lid, a 16 oz. glass bottle with lid, and a small tub to hold herbal product. Please have all pre-labeled with your name.

CONVENER: Paula Winchester (816-361-2243)
Email: pwin@paulawinchester.com
Website: www.paulawinchester.com
CLASS FEE: $10.00 + $20.00 material fee = $30.00
Sec. A: 1 session; Saturday, April 18; 10:00 AM - 12:00 PM; 5742 Kenwood Ave., KCMO (home with brilliant blue shutters); LIMIT: 6

#3101 A
A Mediterranean Evening with Chef Kamal

Spend a relaxed evening with Chef Kamal and create some Mediterranean favorites. You’ll learn to grill mouthwatering and marinated chicken kabobs. Chef Kamal has made a name for himself (Yummy’s Choice) in Kansas City with his Mediterranean delicatessen goodies which are found at grocery stores throughout the metro area. Besides making class. Class products will include an herbal butter, vinegar, and salt, which I provide. Besides making these products there will be an early spring garden tour, and some herbal dishes to taste. Please be on time and shoes need to be removed at the main door. Each person must bring the following: A 1 cup jar with lid, a 16 oz. glass bottle with lid, and a small tub to hold herbal product. Please have all pre-labeled with your name.

CONVENER: Yuhai Kamal (816-804-2620)
Email: chefkamal@yummys.us
CLASS FEE: $10.00 + $10.00 material fee = $20.00
Sec. A: 1 session; Tuesday, March 17; 6:30 PM - 8:30 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd, KCMO; West on 39th Street (go past SW Trafficway), Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 15

#4001 A
Kundalini Yoga for All Levels

Did you know that the ancient exercise science known as yoga has 22 aspects or systems? 90% of these techniques can be done sitting and there is no extreme pressure on body or joints. Join us as we practice mudra, mantra, kriya, relaxation and meditation. Wear comfortable clothing and bring a mat or towel to sit on.

CONVENER: Alan Lee Lipincoott (816-529-2771)
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, April 04; 11:15 AM - 12:45 PM; Rime Buddhist Center, 100 West Pennway, KCMO, (N. on I-35, exit on W. Pennway, take a left, RBC on right); LIMIT: 10

#4002 B
Beginning Tai Chi

T’ai Chi is an ancient system of exercise, meditation, and martial art that unites mind and body: an exercise to cultivate the body, a meditation to cultivate the spirit, a martial art to cultivate harmonious relationships with others. Learn the first seven postures with the option to continue. Kim Kanzellberger, M.A., has been teaching T’ai Chi in the Kansas City area for over 30 years. He is the director of Center States T’ai Chi and leads retreats and workshops in the U.S. and Europe.

CONVENER: Kim Kanzellberger (816-531-0065)
Email: centerstatetaichi@gmail.com
Website: www.centerstatetaichi.com
CLASS FEE: $18.00
Sec. B: 4 sessions; Monday, April 06, Wednesday, April 8, Monday, April 13 and Wednesday, April 15; 6:30 PM - 7:30 PM; Center States Tai Chi Association, 111 E. Gregory, KCMO; LIMIT: 20
**Nutrition**

### #4201 A
### One Green Smoothie a Day Will Keep the Doctor Away...Forever

Do you have low energy? Can’t lose weight? Do you have problems with indigestion/elimination? Do you crave sweets? Do you want to eat healthy but just can’t find the time? If you have answered yes to at least one of these questions this class is for you! Learn the benefits of raw greens to your health and an easy way to incorporate fruits, vegetables and greens to your diet. We will prepare a very tasty green smoothie that is also good for you!

**CONVENER:** Sonia Malburg  
Email: sm@kc.rr.com

**CLASS FEE:** $10.00 + $5.00 material fee = $15.00

**Sec. A:** 1 session; Saturday, May 09; 10:00 AM - 12:00 PM; Westport Roanoke Community Center, kitchen, 3601 Roanoke Rd., KCMO, West on 39th Street (go past SW Trafficway), Roanoke is 1 light past SW Trafficway, take a right on Roanoke, go 3 blocks, after 2 blocks road turns to brick, Community Center is on the right; LIMIT: 12

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### #4301 A
### Herbal Home Remedies

Learn what our grandmothers don’t teach us anymore. Discover the “weeds” in your yard that are edible and medicinal. Spring is a great time to harvest wild edible and medicinal plants. Learn how to preserve collected herbs. Find out how to use poultices, compresses, tinctures and teas for overall good health. We’ll take a short walk to identify and gather herbs and make a healing salve from our harvest. Hands-on demonstrations, samples and handouts included. This class is part of Regina’s Home Herbalist Series.

**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Saturday, April 25; 1:00 PM - 4:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 12

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### #4302 A
### Reiki Play Day

The moon is full tonight! Experience the energizing, relaxing effects of Reiki and other forms of healing energy. Reiki works on physical, emotional and spiritual levels to open the flow in your life. Techniques will be taught to help you be more sensitive to subtle energy. We will play with a variety of energy techniques including Reiki, bio-force, polarity, chakra balancing and healing with sound. The class is held in our home in beautiful Dogwood Forest.

**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com

**CLASS FEE:** $10.00

**Sec. A:** 1 session; Thursday, March 26; 7:00 PM - 9:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 12

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### #4304 A
### Healing Herbs and Foods in the Kitchen

Find out about the healing potential of common foods and culinary herbs. From vitamin rich teas to zingy pesto and slow cooked soups, you’ll discover how to fortify your diet by cooking with herbs. Learn about kitchen remedies for everything from sore throats to sprained ankles. We’ll take a walk to identify and harvest early Spring edible herbs and return to the kitchen to whip up some tasty examples of healing food. Find out how yummy healthy can be! Hands-on demonstrations, samples and handouts included. This class is part of Regina’s Home Herbalist Series.

**CONVENER:** Regina Compernolle (816-547-0266)  
Email: sacredeartharts@aol.com

**CLASS FEE:** $10.00 + $20.00 material fee = $30.00

**Sec. A:** 1 session; Saturday, March 28; 1:00 PM - 4:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 8

### Online Class

**Introduction to QuickBooks 2014**

Learn to manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to mid-sized business owner who enjoys Quicken’s ease of use but prefers a more traditional approach to accounting. Scott Paxton is a Certified Public Accountant, and his background includes experience as a public accountant, a manager in the banking industry, an entrepreneur, and a college business instructor. He is a Certified QuickBooks Professional Advisor and he has authored a QuickBooks workbook that focuses on implementing and troubleshooting the program.

**Session Start Dates:**  
March 18  
April 15  
May 13

Register Online at www.ed2go.com/commu
me & you

Relationships

#5102 A  
**Skills for Healthy Anger**

Unhealthy anger is based on fear and hurt. It can be defensive or aggressive, passive or submissive and rageful or hostile. Unhealthy anger is common in both women and men. Through the Medol Model™ we teach how to accept, interpret and redirect anger by separating the anger feelings from the anger-related behaviors. There is a material fee of $3 that will be collected in class.

**CONVENER:** Rusty Fleischer & Jerry Medol (816-753-5118)  
Email: rusty@anger.org  
Website: www.anger.org  
CLASS FEE: $10.00  
Sec. A: 1 session; Monday, April 13; 6:30 PM - 8:00 PM;  
Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#5103 A  
**Some Basic Keys to Mastering Your Marriage**

There is no question that marriage can be challenging! There are some basic building blocks to having a good relationship. If followed, the chances of a happy marriage will increase, if not, your marital struggles will surely grow. In this class we will cover key areas which will greatly increase the potential for a happy marriage. Join us for this interactive discussion.

**CONVENER:** Mark Bayer Ed.D.  
Email: nkcma@yahoo.com  
Website: www.markbayer.9f.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, April 09; 7:00 PM - 8:30 PM;  
Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 24

Self Development

#5301 A  
**Let Horses Help With Your Life Transition**

Are you facing any type of life transition, such as divorce, career/job change, empty nest, or health status? This is an opportunity to identify options and clarify choices about life directions while interacting with horses. Please wear sturdy shoes and dress for the weather. This is a ground-based class; there is no riding. Cathy is certified by EAGALA as an Equine Specialist and has a lifetime of experience with horses. Bonnie is certified by EAGALA as a Mental Health Specialist and has many years of experience as a clinical social worker. Please bring $10 for materials.

**CONVENER:** Cathy Cowger & Bonnie E. Benson, LCSW (816-914-3601)  
Email: cathy.cowger@gmail.com  
Website: cedarlanefarm.us  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, April 11; 10:00 AM - 12:00 PM;  
13004 NW 81st Street, Kansas City, MO; LIMIT: 10

#5304 A  
**Explore Your Dream with Art Journaling**

As a certified hypnotherapist, energy worker, life coach and artist, I will teach you how to bring inspiration and understanding to your dreams. In this workshop you will connect with your spirit to open your creative mind. You will be guided through a deep meditation and contemplation of your values and learn art journaling with a variety of simple art materials to speak to your spirit. Please bring $5 to class for materials.

**CONVENER:** Bhasweti Gawahas (913-660-0669 425-246-1801)  
Email: bhasweti@glass.com  
Website: www.stressfree2.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Saturday, April 11; 1:00 PM - 4:00 PM;  
Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 20

#5305 A  
**The Power of Life Patterns**

We are all a product of the patterns which we follow. The key to making effective life changes is learning to change your life patterns. In this class we will discuss how these patterns evolve and imprint our lives. We will discuss how we can adjust them and develop a greater potential in life. Join us in a discussion on personality development, our self perceptions, subliminal impacts, pattern identification, and a few other relevant topics.

**CONVENER:** Mark Bayer Ed.D.  
Email: nkcma@yahoo.com  
Website: www.markbayer.9f.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, April 09; 7:00 PM - 8:30 PM;  
Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 24

#5306 A  
**Improve Your Attitude By Developing Your Natural Strengths**

Self development and attitude can be closely connected. Seeing your attitude improve will certainly make your life more rewarding. Finding and developing your natural abilities will do the same. Why not move in both directions? In this class we will talk about both areas individually and together. Join us in this interactive journey.

**CONVENER:** Mark Bayer Ed.D.  
Email: nkcma@yahoo.com  
Website: www.markbayer.9f.com  
CLASS FEE: $10.00  
Sec. A: 1 session; Thursday, April 09; 7:00 PM - 8:30 PM;  
Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 24
Kansas City’s premiere resource for holistic living offers online and print options for living well. With six years as a free-distribution print publication, Evolving Magazine now has an improved online presence, as well.

Check out the redesigned website at www.EvolvingMagazine.com

- Read current and past feature articles
- View the Holistic Online Directory
- Find locations to pick up the print edition, searchable by city
- And more!

Holistic Online Directory
Find holistic wellness products and practitioners at www.EvolvingMagazine.com
inner paths

Spirituality

#6005 A
Divine Balance Docent Program
Join an educator from Divine Balance in an 8 week overview of the divine feminine around the world, including Christianity. Learn updated information about recent discoveries and movements surrounding the divine feminine. Exercises will deepen your self acceptance and appreciation within this tradition. A certificate of completion will be awarded. Please bring $25 to the first class for a book, DVD and candle.
CONVENER: Shirley Fessel (816-651-5997)
Email: Fessauq@msn.com
CLASS FEE: $18.00
Sec. A: 8 sessions; Tuesdays, beginning, March 24; 7:00 PM - 8:30 PM; Mystic Treasures, 7711 N. Oak Trfwy, Gladstone, MO; LIMIT: 15

#6009 A
Healing Our Waters: Honoring the Goddess Oshun
West African spiritual traditions in America honor the river the goddess of attraction and love. This event honors Oshun and joins world-wide efforts to heal our waters. The Saturday healing and offering event is the focus. The first session provides information about Oshun and the water deities, Yemonja and Olokun. The Saturday session will meet at the Missouri River in LaBenite Park at noon. Bring drums and/or your loving and healing intentions.
CONVENER: Linda VanBibber & Regina Compernolle (816-833-1129)
Email: laylahv@swbell.net
CLASS FEE: $10.00
Sec. A: 1 session; Monday, May 11; 7:00 PM - 9:00 PM; Harmony Energetics, Independence, MO - Directions will be provided.; LIMIT: 8

#6010 A
Mandala: Circles of Wholeness
This class will introduce you to the concept of creating mandalas as tools for personal growth and healing. Participants will learn a basic technique for the illumination of their own mandalas which will be created from symbols received during meditation. This process was developed for healing by the late Judith Cornell, also known as Rajita Sivananda. After my first experience with this process I knew that I had to study to become a facilitator and offer this powerful tool to others. Please bring $15 to class to cover the cost of materials.
CONVENER: Linda VanBibber (816-833-1129)
Email: laylahv@swbell.net
CLASS FEE: $10.00
Sec. A: 1 session; Monday, April 13; 7:00 PM - 9:00 PM; Harmony Energetics, Independence, MO - Directions will be provided.; LIMIT: 8

#6011 A
Balancing the Chakras with Color and Sound
This class draws on techniques developed by two great healers: Jonathan Goldman and Judith Corn- nell. Jonathan has developed a method of balancing the chakras through use of the inner vibration created by our own voice when vocalizing specific vowel sounds. Judith has created a healing process utilizing mandalas to express the symbols of our inner psyche. We will learn to “tone” our chakras and we will create a “wholeness” mandala using the chakra colors to create a symbol received in meditation. Please bring $15 to class for materials.
CONVENER: Linda VanBibber & Tina Lyke (816-833-1129)
Email: laylahv@swbell.net
CLASS FEE: $10.00
Sec. A: 1 session; Monday, May 11; 7:00 PM - 9:00 PM; Harmony Energetics, Independence, MO - Directions will be provided.; LIMIT: 8

#6024 A
Mindfulness for Everyday Living
Mindfulness leads to a more peaceful and joyful life. Learn some simple techniques that you can apply in your daily life.
CONVENER: Martha Childers
Email: martha@childerscounselingservice.com
Website: www.childerscounselingservice.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, March 21; 10:30 AM - 12:00 PM; Atterbury Student Success Center, Rm. 237, UMKC Campus, 5000 Rockhill Rd, Kansas City, MO 64110; LIMIT: 12

#6204 A
Meditate and Create a Mandala
Jackie Denning will lead a short guided meditation asking for symbols for the project. She will help the group incorporate those symbols to create personal mandalas. It’s okay if you think you cannot draw. It is very relaxing and meditative. Once you take this workshop, you can make many more on your own. This project is good for any age and is good for the soul. Jackie Denning is a native Kansas City artist who works in ceramics, textiles, printmaking and painting. Please bring $10 to class for materials.
CONVENER: Jackie Denning (727-420-2596)
Email: jackiedenningart@yahoo.com
Website: jackiedenningart.com
CLASS FEE: $10.00
Sec. A: 1 session; Friday, March 20; 6:30 PM - 8:30 PM; Hummingbird Touch Healing Center, 3937 Washington St., KCMO 64111; LIMIT: 10

#6207 A
Women’s Re-Birthday of Sacred Play
An 8 hour retreat in which we re-experience or “re-initiate” ourselves through the various stages of a woman’s life. Art, astrology, dance, drumming, nature experiences, meditation and conversation are the tools we use in this circle of laughing women. Please register by May 10 or contact Regina.
CONVENER: Regina Compernolle (816-547-0266)
Email: sacreddeartharts@aol.com
CLASS FEE: $14.00 + $30.00 material fee = $44.00
Sec. A: 1 session(s); Beginning Saturday, May 16, 2015; 1:00 PM - 9:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 8

#6302 A
Basics of Astrology
Kansas City’s astrology club, the Aquarian Organization of Astrologers (AOA) is pleased to offer a series of classes for everyone who would like to learn more about astrology and how and why it is an important tool for understanding ourselves, others and events. Each class will be taught by a different local astrologer and club member. They will cover: The Signs—What They Mean in a Chart; The Planets—Describing Chart Action; The Houses—The Areas of Your Life; The Aspects—Your Challenges and Gifts in Life; The Transits—Events in Your Life. No previous knowledge of astrology is necessary.
CONVENER: Aquarian Organization of Astrologers (816-665-7685)
Email: jillicomora@hotmail.com
CLASS FEE: $18.00
Sec. A: 6 sessions; Wednesdays, beginning, May 06; 7:00 PM - 8:45 PM; Johnson County Public Library, Central Resource Branch, 8975 W. 87th St., OPKS 66212; LIMIT: 15
**#6303 A**

**Intro to Psychic and Mediumship Development**

What exactly does it mean to be psychic? Do you often wonder if loved ones in spirit can still communicate with us? Have you wanted to learn skills and techniques to take your abilities to the next level? If so, this interactive workshop promises to give you new and fun ways to connect with spirits and enhance your everyday life. Jamie is a local psychic medium who enjoys teaching and showing you new ways of connecting with spirits. Please bring $5 to class for materials.

CONVENER: Jamie Collins (913-579-8258)
Email: jamie@spiritspeakerkc.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, March 28; 11:00 AM - 1:30 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 25

**#6304 C or D**

**Spirit Speaks**

Is there a friend or family member in spirit that you would like to hear from? Are you skeptical that our loved ones in spirit can no longer communicate with us? Each person is guaranteed at least one spirit connection. Jamie is a local psychic medium who has studied and trained with internationally renowned psychic mediums Paul and Deborah Rees as well as Sharon Klingler. Please bring $20 to class for materials.

CONVENER: Jamie Collins (913-579-8258)
Email: jamie@spiritspeakerkc.com
CLASS FEE: $10.00
Sec. C: 1 session; Saturday, March 21; 12:00 PM - 1:30 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 5
Sec. D: 1 session; Saturday, April 11; 12:00 PM - 1:30 PM; Plaza Library, Small Room, 4801 Main Street, Kansas City, MO 64112; LIMIT: 5

**#6305 B**

**Sisters of the Tarot**

Sisters! Learn to read tarot cards in a supportive circle of women. We will explore the divine archetypes and learn to tell the story expressed through the cards. We will learn to trust our intuition as we share our perceptions. We will learn an easy format for reading the cards immediately. This class is part of the Women’s Sacred Studies Series. You will have fun!

CONVENER: Regina Compemole (816-547-0266)
Email: sacredeartharts@aol.com
CLASS FEE: $10.00
Sec. B: 1 session(s); Beginning Wednesday, April 01, 2015; 7:00 PM - 9:00 PM; Dogwood Forest in Kansas City, Kansas., Call or email for details and directions.; LIMIT: 8

**#6402 A**

**Past Life Regression**

Have you lived before? Who were you before you were you? What did you learn in that life that could help you in your current life? You will gain a greater understanding of your past life, as you go on a personal journey of self discovery and growth in a safe environment. Is it real or just your imagination? Either way it is always informative and healing.

Carol Henderson is a Certified Past Life Regression Hypnotist. Please bring $5 to class for materials.

CONVENER: Carol Henderson (913-908-6907)
Email: carol@newdayhypno.com
Website: www.NewDayHypno.com
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, April 04; 10:00 AM - 12:00 PM; 6405 Metcalf Ave. Suite 115 (Conference Room) Overland Park, KS 66202; LIMIT: 25

**#6501 A**

**Unveiling the Mayan Prophecy and Serpent’s Equinox**

The 5,125-year cycle in the Mayan calendar ended and many doomsayers were disappointed with their apocalyptic expectation. Thousands will gather to witness the Feather Serpent’s descent at the Kukulkan Temple during the Spring Equinox of 2015. This lecture will analyze the ancient solar ceremony beyond the wall of archeology to unveil universal relationships between art, science, philosophy and religion. Please bring $9 to class for materials.

CONVENER: Gnostic Confraternity (816-836-3384)
Email: gnosticconfraternity@gmail.com; Website: gnosticconfraternity.org
CLASS FEE: $10.00
Sec. A: 1 session; Friday, March 20; 7:00 PM - 8:30 PM; Gnostic Confraternity, 1805 W. 39th St. KC, MO 64111; LIMIT: 15
Recreation

#7101 A
Naturism/Nudism 101
Explore the history, philosophy, and legality of clothing optional recreation. Learn in a respectful setting about clothing optional recreation on a local level. The class will take a simple discussion format and will be taught by a member of the Heartland Naturists.
CONVENER: Mike C.
CLASS FEE: $10.00
Sec. A: 1 session; Saturday, March 14; 12:00 PM - 2:00 PM; Atterbury Student Success Center, Rm. 238, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 12

Going Green

#8101 A
How to Make Your Own Household Cleaners
This class is for those individuals that do not like using harsh chemicals in their home. I will show you how to make your own cleaning supplies from common household materials. We will make an all purpose cleaner in class for the students to take home. I will also furnish a booklet with other cleaning recipes and helpful tips on how to clean just about everything. Please bring $5 for materials to class.
CONVENER: Rose Abrams (816-392-0782)
Email: rose_abrams@yahoo.com
CLASS FEE: $10.00
Sec. A: 1 session; Thursday, March 19; 7:00 PM - 8:00 PM; Atterbury Student Success Center, Rm. 236, UMKC Campus, 5000 Rockhill Rd., Kansas City, MO 64110; LIMIT: 15

Social Issues

#8301 B or C
Climate Change: An Overview
We will review (in broad outline) the development of a warming climate and its consequences. We will use Al Gore’s slide show from his Climate Reality Project as a significant source in addition to other materials. We will also discuss ways in which societies can reduce fossil fuel emissions.
CONVENER: David Mitchell
Email: atrial1047@att.net
CLASS FEE: $10.00
Sec. B: 1 session; Saturday, March 21; 1:00 PM - 3:00 PM; Central Library, Rm. 312, 14 West 10th St., Kansas City, MO 64105, NE corner of Baltimore & 10th; LIMIT: 16
Sec. C: 1 session; Tuesday, April 21; 1:00 PM - 3:00 PM; Westport Library, Meeting Room, 118 Westport Road, Kansas City, MO 64111, please use street parking; LIMIT: 20
Nurturing Optimal Wellness

Blending Conventional and Alternative Medicine to Care For Your Mind, Body and Spirit

Nancy Russell, MD

Pursuing Healthcare You Deserve

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- Nutritional Issues
- Chronic Fatigue
- Fibromyalgia
- Thyroid Issues
- Chronic Pain
- Stress Management
- Natural Hormones

816.453.5545
www.nancyrussellmd.com

5140 N. Antioch Road • Kansas City, MO 64119
**Wholistic Health Fair**

Sunday, March 22nd  
11 AM - 6 PM  
Student Union, 5100 Cherry  
#401, KCMO 64110  
(free parking on 5th floor of new parking structure)

- 20 Workshops  
- Silent Auction  
- **FREE** Expo—60 Exhibitors

**EVENT COORDINATION**  
Coordinator: Rick Mareske  
Invaluable Assistants: Office of Student Involvement Staff, Graduate Interns and Student Assistants  
Health Fair Logo: Regina Compernolle

Many thanks to all those who made this year’s Communiversity Wholistic Health Fair not only possible but successful as well.

Special thanks to the Office of Student Involvement, the Student Union staff and to UMKC.

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In 1991 Jo Bonewits, then a Communiversity staff member, suggested that we offer a health fair. Over 400 people showed up with 26 exhibitors. Best of all, the event was filled with magnificent people with much sharing of good energy and information. Thanks to Joy Dupont the idea of offering a fair was suggested again in 1999 and the tradition has continued. We hope you have a wonderful day.

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**SILENT AUCTION**

**Sunday, March 22nd**  
**Student Union, 4th floor lobby, 5100 Cherry**

The silent auction is always a smashing success. It’s uniquely healthy and wholistic and is a great opportunity to get some great deals on some really fine services or products. All proceeds help support the Communiversity program so overbidding is encouraged.

**Bidding Begins at 11 AM and Ends promptly at 3:55 PM**

*If you would like to donate to the Silent Auction call 816-235-1448.  
It’s tax deductible and helps out your favorite adult education program.*

Below we have some of the items that will be in the auction but rest assured there will be many more. Last Spring we ended up with over 60 items from massage to jewelry. Come check it out.

<table>
<thead>
<tr>
<th>Company Name</th>
<th>Service or Item</th>
<th>Value</th>
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<tbody>
<tr>
<td>A W A K E N</td>
<td>Higher Brain Living Crossroads</td>
<td>360</td>
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<td>E C K A N K A R</td>
<td>of Kansas City Books</td>
<td>32</td>
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<td>Empowering You</td>
<td>You to Heal Yourself Biofeedback</td>
<td>85</td>
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<td>Falun Dafa</td>
<td>Association of Kansas City Falun Dafa music CD set</td>
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<td>Green Organics/</td>
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<td>Health Works KC</td>
<td>juice plus complete vanilla shake mix</td>
<td>30</td>
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<td>It’s a Great Day</td>
<td>Massage Therapy 60 minute massage</td>
<td>60</td>
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<tr>
<td>Molly’s Healing</td>
<td>Works Therapeutic Massage</td>
<td>65</td>
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<tr>
<td>Mystic Afternoons</td>
<td>Mystic Afternoons Oracle Deck</td>
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<tr>
<td>P lexus</td>
<td>Share International Transmission Meditation</td>
<td>15</td>
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<tr>
<td>Spirit Seeker</td>
<td>Magazine 1/4 page ad in Spirit Seeker Magazine</td>
<td>350</td>
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<tr>
<td>The Summit Lighthouse</td>
<td>books</td>
<td>25</td>
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<tr>
<td>Transcendence Wellness Center</td>
<td>Intuitive Life Path Reading one on one Mediation</td>
<td></td>
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<tr>
<td>Wild Tree</td>
<td>Gift Certificate</td>
<td>25</td>
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<tr>
<td>WisdomWays</td>
<td>Spiritual Guidance 1-hour session</td>
<td>50</td>
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</tbody>
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**White Light Books & Crystals**

Books:  
- We’ Moon 2015: Gaia Rhythms for Women  
- The Witches Almanac  
- Gong Hee Fot Choy: A Fortune Telling Game  
- Animal Powers: Meditation Kit  
- Ancient Egypt: Treasure Chest  
- Health Candle  
- Guided Meditation CD  
- Ring (2)  
- Pendant (2)  
- Box of Stones, Incense and soap  
- Various Bracelets (6)  
- Woman’s hand made top

- 8 ea.
- 105
**Wholistic Health Fair Workshops—Sunday, March 22nd**

All Health Fair Workshops meet on Sunday, March 22nd in the Student Union, 5100 Cherry, KCMO. Workshop fees are: $3 per workshop or $7 for 3 classes – per person. Registration for workshops is at the entrance to room #401 in the Student Union. Admittance to the fair is FREE.

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**12:00 - 12:45 PM**

**How to Transform Your Life Through Astrology**

The term “Physician, Know Thyself” implies that self-knowledge is necessary for self-healing and renewal. Cynthia Litwer will be speaking on how to make the transformative and healing power of this ancient art a science relative to us all.

*Cynthia Litwer Rm. 402*

---

**1:00 - 1:45 PM**

**Archangels... Wave of Hope and Healing:**

We all need healing of one kind or another and above all hope. Come to learn about the healing power of angels and your own guardian angel; how to call to them to heal yourself and loved ones as well as our nation and planet. They will come at your call!

*Margaret Obien Rm. 402*

---

**2:00 - 2:45 PM**

**Getting Answers from God through Past Lives, Dreams, and Soul Travel**

Discover new ways of reaching out for divine love and truth through past lives, dreams, and soul travel. Free ECKANKAR’s Spiritual Experience Guidebook with CD.

*ECKANKAR of Kansas City Rm. 402*

---

**3:00 - 3:45 PM**

**Gut Health: Connecting Gut Health to Obesity, Arthritis and Disease**

The medical and wellness professionals all agree, that gut health is vitally important! An unhealthy gut wreaks havoc on the body with inflammation, diseases, food sensitivities, weight problems and more. Learn how to get a healthy gut and get vibrant again!

*Kate Felzer Rm. 402*

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**4:00 - 4:45 PM**

**Natural Wellness Biohacking**

This lecture will focus on the art and science of natural biohacking to maximize your wellness potential. Examples and testimonials will be used to provide insights into the biohacking processes that support the human body in its efforts to overcome degenerative diseases using natural solutions.

*Eric Soriano Rm. 402*

---

**An Exploration of Grief**

We will discuss myths and musts of the grief journey. Using information from Dr. Alan Wolfelt you’ll learn to own your personal experiences of grief coaching clients.

*Jeff Franks, M.S., CPC Rm. 402*

---

**Energize Your Brain! Empower Your Life!**

A proven personal development system that changes brain physiology and opens up the untapped potential of your brain, reducing stress and allowing you to start seeing things with more clarity.

*Diana Cowing Rm. 419*

---

**Maximized Living**


*Dr. Brianna Murray Rm. 420*

---

**The Future of Education**

Children today need education that feeds the whole person. The future of education is to address children’s needs spiritually, mentally, emotionally, and physically. Come learn about Transcendence Academy opening in the fall. The future is within our reach!

*Patrick Andries Rm. 420*

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**Biohacking**


*Dr. Brianna Murray Rm. 420*

---

**Experience the Energy of Healing**

Experience the energy that energy healers use in performing energy healing sessions. Information and direct experience is part of this class.

*John Hoefer Rm. 420*

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**Energy Balancing**

Most people experience fatigue or pain every week, sometimes daily. Join us to learn simple ways you can balance your energy and experience relief... using the gentle touch of your own two hands.

*Linda Meserve and Nancy Steele Rm. 420*

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**REGISTER BY PHONE: 816-235-1407  FREE FOR UMKC STUDENTS  SPRING 2015  25**
4th floor map

Outside Terrace

Rm. 401

Psychics

Multipurpose Room 401

Two health fairs per year, one in March and one in November
EXHIBITOR TABLE NUMBERS

OUTER TIER
1. Evolving Magazine
2. Intuitive Business Coach Michael Mapes
3. Share International
4. Maximized living
5. Robert the Psychic
6. Mystic Afternoons
7. Aquarian Organization of Astrologers
8. Green Organics/goDesana
9. The Summit Lighthouse
10. Jin Shin Jyutsu
11. Amethyst Biomat Associates
12. YOUR BOOTH HERE
13. YOUR BOOTH HERE
14. YOUR BOOTH HERE
15. YOUR BOOTH HERE
16. Athena’s Reign
17. Heartland Light Circle
18. YOUR BOOTH HERE
19. YOUR BOOTH HERE
20. Sarah Krauchek
21. It’s a Great Day Massage Therapy
22. YOUR BOOTH HERE
23. ECKANKAR of Kansas City
24. Jamie McCalister
25. Core Star Energy Healing
26. WisdomWays
27. Youngevity
28. School of Intuitive Arts
29. Empowering You to Heal Yourself
30. YOUR BOOTH HERE

INNER TIER #1
31. Catalyst Health Center
32. Juice Plus+
33. Molly’s Healing Works
34. YOUR BOOTH HERE
35. YOUR BOOTH HERE
36. Wildtree
37. doTERRA Essential Oils
38. YOUR BOOTH HERE
39. YOUR BOOTH HERE
40. Heartland Naturists of Kansas City
41. YOUR BOOTH HERE
42. Transcendence Wellness Center

INNER TIER #2
43. Plexus
44. Harmony Energetics LLC
45. Sacred Earth Arts
46. YOUR BOOTH HERE
47. YOUR BOOTH HERE
48. AWAKEN Higher Brain Living Crossroads
49. Stillpoint Neurofeedback and KC Brain Train
50. YOUR BOOTH HERE
51. YOUR BOOTH HERE
52. Spirit Seeker Magazine & Feng Shui Happiness
53. Hubbard Dianetics Foundation
54. YOUR BOOTH HERE

LOBBY
55. Falun Dafa Association of Kansas City
56. YOUR BOOTH HERE
57. YOUR BOOTH HERE
58. YOUR BOOTH HERE
59. YOUR BOOTH HERE
60. YOUR BOOTH HERE

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Phyllis Woolard
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913-244-9188
hutsler98@gmail.com
www.abanaturalhealth.thebiomatcompany.com

#8—Aquarian Organization of Astrologers
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Cara Hoppis
Terri Hoppis
816-532-8637
hottoes1982@hotmail.com

#48—AWAKEN Higher Brain Living Crossroads
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Diana Cowing
2001 Grand Blvd Suite 505, Kansas City, MO 64108
816-405-3003
dianac@iamhigherbrainliving.com
www.higherbrainlivingcrossroads.com

#31—Catalyst Health Center
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816.588.0349
www.catalysthealthcenter.com

#26—Core Star Energy Healing
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www.CoreStarEnergyHealing.com

#37—doTERRA Essential Oils
Allison Casey
618-960-5365
amcasey06@yahoo.com

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ECKANKAR of Kansas City
3611 Main St., Kansas City, MO 64111
(Mailing address: PO Box 10493, KCMO 64171)
816-931-0850
www.Eckankar.org

#30—Empowering You to Heal Yourself
Health and wellness
Eric Soriano
Debbie Kucharski, DC

#1—Evolving Magazine
Jill Dutton
913-944-1298
jill@evolvingmagazine.com

#55—Falun Dafa Association of Kansas City
Exercises of Falun Dafa
Barbara Gay
660-200-6036
falundafakc@gmail.com
www.falundafa.org

#9 & 10—Green Organics/goDe-sana
High vibe essentials for the energetically aware
Carol Klingsmith
Kathleen Duckworth
660-376-2743
cklingsmith@gmail.com

#44—Harmony Energetics LLC
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Linda VanBibber
605 E Red Road, Independence, MO 64055
816-833-1129
laylahv@swbell.net
harmonyenergeticsllc.com

#18—Heartland Light Circle
Offer Light

#40—Heartland Naturists of Kansas City
Body Acceptance
913-735-0805
info@HeartlandNaturists.com
www.HeartlandNaturists.com

#53—Hubbard Dianetics Foundation
Mel Rogers
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816-753-6590
Kansascity@scientology.net

#2—Intuitive Business Coach
Michael Mapes
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michael@michaelmapes.org
http://www.michaelmapes.org

#43—Plexus
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Markayla Jackson-Hays
Sasha Pass
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www.transcendencekc.com

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Tammy Torres
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tammytorres3@gmail.com
www.mywildtree.com/tammytorres3

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Spiritual Guidance
Carol Meyer
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wisdomways@planetkc.com

#28—Youngevity
Mike McMillen
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3) In-Person
   (currency, checks or Visa/Mastercard/Discover/American Express)
   Regular Registration Hours—Mon-Sun, 8:00 a.m. - 5:00 p.m.; Fridays 8:00 a.m. - 5:00 p.m.;
   Location: Office of Student Involvement/Communiversity, Student Union, Suite #320, 5100 Cherry, KCMO 64110. Metered parking is available on the fifth floor of the new Cherry Street Parking Structure to the north of the Student Union. From the fifth floor it’s a stair free shot to the Student Union.

4) By Mail
   (checks or Visa/Mastercard/Discover/American Express)
   Begins when you find a catalog—Mail to: Communiversity: 5100 Cherry, #320, KCMO, 64110.
   Make checks out to Communiversity. Mail processed on a first come, first served basis. You will be notified only in the event of a class change or if the class is full. Receipts are sent via email.

Refund policy
Cash refunds are not issued unless Communiversity or the Convener cancels the class. Letters of credit can be issued if you cancel 5 working days before the class. Material fees will be refunded only if you cancel 10 working days before a scheduled class.

<table>
<thead>
<tr>
<th>Course #</th>
<th>Course Title</th>
<th>Class Fees</th>
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☐ I am presently a UMKC Student
☐ I am interested in volunteering
☐ I am interested in teaching

Subject: ____________________________

Class Fee Total

Donation (tax deductible and greatly appreciated) ____________________________

Registration Fee (due once per person per catalog) $3.00

Total Sent

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Signature ____________________________ Date ________________

WHOLISTIC HEALTH FAIR

SUNDAY, March 22nd; 11 AM - 6 PM

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Photo by Mark Berndt.