

For a complete listing of classes available, please visit our website at [morainepark.edu](http://morainepark.edu) and click on Programs & Courses.

## Register by Phone:

920-924-3207 or 1-800-472-4554

## Register In Person:

Stop by Student Services at one of our Campus\* locations starred below.

## Phone and In-Person

### Registration Hours-Academic Year

Monday–Thursday 7:30 a.m.-6:30 p.m.  
Friday 7:30 a.m. - 4:30 p.m.

### Summer Hours

Monday–Thursday 7:30 a.m.-6:30 p.m.  
Closed Fridays in June and July

**Registrations requested at least  
one week prior to class.**

## Locations

### Beaver Dam Campus\*

700 Gould Street  
Beaver Dam, WI 53916-1994

### Fond du Lac Campus\*

235 North National Avenue  
PO Box 1940  
Fond du Lac, WI 54936-1940

### West Bend Campus\*

2151 North Main Street  
West Bend, WI 53090-1598

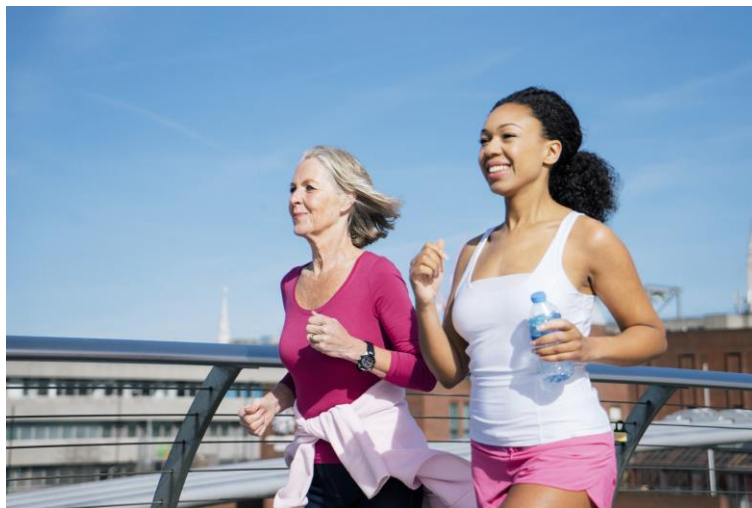
### Jackson Regional Center

N173 W21150 Northwest Passage Way  
Jackson, WI 53037

### Ripon Regional Center

850 Tiger Drive  
Ripon, WI 54971-0313

Moraine Park Technical College does not discriminate on the basis of race, color, national origin, sex, disability or age in employment, admissions or its programs or activities. The following person has been designated to handle inquiries regarding the college's nondiscrimination policies: Equal Opportunity Officer, Moraine Park Technical College, 235 North National Avenue, PO Box 1940, Fond du Lac, WI 54936-1940.



## 546-607 Heal Your Life!

2 Hrs. - \$15.35 (62 & over \$12.65)

In this group Reiki healing session, a Reiki Master provides a session that promotes healing, is affordable, and has the ability to help many people at the same time. Any size group can benefit, from two people to one-hundred people or more. This session is designed to encourage healing for any moderate to severe health issues including cancer and fibromyalgia. Come learn more about Reiki healing!

20945	WBC	W	04:00P-05:55P	Oestreicher	08/09-08/09
21169	WBC	T	06:00P-07:55P	Oestreicher	10/24-10/24
21165	FDC	T	06:30P-08:25P	Oestreicher	11/14-11/14

## 531-488 Adult First Aid for the Workplace

5 Hrs. - \$80.00 (62 & over \$60.45)

Prompt action in an emergency medical situation can really make a difference. Are you prepared? In this class, you will learn basic first aid and CPR in a relaxed environment. It fulfills OSHA requirements for bloodborne pathogens and first aid for business and industry. This is an instructor led, hands-on, video-based course. The course covers first aid basics, medical emergencies, injury emergencies, and environmental emergencies. Upon completion of this course, students receive an American Heart Association Heartsaver First Aid Course Completion Card that is valid for two years.

20694	BDC	M	08:30A-01:25P	Fugate	08/14-08/14
20794	WBC	F	12:30P-05:25P	Hilvo	12/01-12/01

## 546-606 Chakra Balancing

2 Hrs. - \$15.35 (62 & over \$12.65)

Balance your “chakras” in this course that will teach you to understand their characteristics and help you in your daily life. Chakras are the centers of your spiritual powers inside the human body. Students will learn Chakra Meditation and be given a custom visualization and breathing exercise based on your personalized Chakra scan.

21352	BDC	M	06:30P-08:25P	Oestreicher	09/25-09/25
21168	WBC	T	06:00P-07:55P	Oestreicher	10/10-10/10
21164	FDC	T	04:00P-05:55P	Oestreicher	11/14-11/14



# Classes Continued

## 546-602 Meditation Training

2 Hrs. - \$15.35 (62 & over \$12.65)

Learn the benefits of meditation, how and when to meditate, focused attention, and how to slow down and release your mind in this informative and relaxing class. Students will practice meditating and each individual will receive a customizable meditation based on their goals and energy scan.

21351	BDC	M	04:00P-05:55P	Oestreicher	09/25-09/25
21162	FDC	M	06:00P-07:55P	Oestreicher	10/16-10/16
21163	WBC	M	06:30P-08:25P	Oestreicher	11/06-11/06

## 807-601 Gentle Yoga: De-Stress and Renew

4 Hrs. - \$26.20 (62 & over \$20.80)

A soothing experience that includes breathing and relaxation practices along with the gentle exploration of therapeutic stretches and poses. This practice supports the development of strength and flexibility, mental clarity, and inner calm. Appropriate for all levels, beginner to advanced. Participants bring a yoga mat, towel, and a water bottle.

21384	WBC	T	06:00P-06:55P	Eberly	09/26-10/17
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## 546-609 Peaceful Warrior

2 Hrs. - \$15.35 (62 & over \$12.65)

Develop healthier ways to express your anger and respond to and perceive situations more calmly. Do you have a short fuse or get into frequent arguments and fights? Our relaxation expert will teach you to understand how to control anger and learn the early anger warning signs and ways to cool down quickly.

21170	FDC, RIP, WBC	T	06:00P-07:55P	Oestreicher	IVC 10/03-10/03
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## 546-601 Healthy Sleep

2 Hrs. - \$15.35 (62 & over \$12.65)

**Fall asleep easily and quickly** by learning to release the endless mind chatter in our brains. Learn natural, holistic and practical techniques to develop a calm and peaceful mind for healthy and longer sleep.

21166	BDC, FDC, RIP, WBC	M	03:30P-05:25P	Oestreicher	IVC 10/16-10/16
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## 807-604 Yoga for the Core!

8 Hrs. - \$47.90 (62 & over \$37.10)

Develop your core by using yoga poses and initiating them in your daily movements. Introduce yourself to your pelvic floor and inner core muscles and take yoga/fitness practice to a whole new level. We will start with pranayama (breath work), move through core poses, and end with relaxation. Open to all levels. No prior yoga experience necessary.

21385	WBC	T	06:00P-06:55P	Eberly	10/24-12/12
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## 546-610 The Wellness Way Approach to Inflammation

2 Hrs. - \$15.35 (62 & over \$12.65)

Combat inflammation! You hear the term a lot, but really...what is it? What is going on in the body when something gets inflamed? Is inflammation the root of your illness? How harmful is chronic inflammation? How do you correct the problem naturally? Students will learn a different way to tackle inflammation . . . a unique way of approaching your health conditions and symptoms that has helped countless people feel better, think better and be better . . . essentially, helping people re-write their life story!

21383	FDC	T	06:00P-07:55P	TBA	11/14-11/14
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## 546-604 Forever Young

2 Hrs. - \$15.35 (62 & over \$12.65)

Is it possible to reverse the aging process? Can we grow younger? In this class, you will learn that it is possible to look, feel and be younger. Anti-aging studies will be presented and you will explore how other cultures have reversed the aging process. Learn natural, holistic and practical techniques that will help you tap into the "fountain of youth" that is already within you!

20946	BDC, FDC RIP, WBC	M	04:00P-05:55P	Oestreicher	IVC 11/27-11/27
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## 546-603 As You Think

2 Hrs. - \$15.35 (62 & over \$12.65)

Create the life you want by using your thoughts effectively. Discover insights about your "Vibrational Universe" and learn to recognize why your life is moving in a certain direction and how to change it. Students will learn techniques to apply the power of intentions to attract the life you want.

21167	BDC, FDC RIP, WBC	M	06:30P-08:25P	Oestreicher	IVC 12/04-12/04
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## Many more classes available!

Search our offerings at <http://www.morainepark.edu/programs-and-courses/class-schedule/>.