



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.



**546-608 NEW! Wellness and Food**

4 Hrs. - \$26.10 (62 & over \$20.70)

Wellness fundamentals start with food. Explores the latest in optimizing food choices to promote health. Explains how the conventional American diet leads to diabetes and heart disease. You'll leave craving real food and knowing how to improve your health starting with your next snack or meal.

10275	BDC	R	05:30P-09:25P	McLean	IVC	06/01-06/01
10275	FDC	R	05:30P-09:25P	McLean	IVC	06/01-06/01
10275	WBC	R	05:30P-09:25P	McLean	IVC	06/01-06/01

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

4 Hrs. - \$26.10 (62 & over \$20.70)

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

10187	WBC	W	06:00P-06:55P	Eberly		06/07-06/28
-------	-----	---	---------------	--------	--	-------------

**546-601 Healthy Sleep**

2 Hrs. - \$15.30 (62 & over \$12.60)

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.

10147	BDC	M	04:00P-05:55P	Oestreicher	IVC	06/12-06/12
10147	FDC	M	04:00P-05:55P	Oestreicher	IVC	06/12-06/12
10147	WBC	M	04:00P-05:55P	Oestreicher	IVC	06/12-06/12

**310-603 Introduction to Reflexology**

3 Hrs. - \$26.10 (62 & over \$20.70)

Reflexology, a form of massage therapy that involves applying pressure to specific points on the hands and feet, can help promote health and relieve stress. Introduces you to the compression and relaxation techniques and cover information on the glands, organs and parts of the body that can benefit from reflexology techniques; and we'll give you a chance to try the techniques in this hands-on learning atmosphere.

10264	BDC	T	03:00P-05:55P	Birchfield		06/13-06/13
-------	-----	---	---------------	------------	--	-------------



# Classes Continued

## 546-603 As You Think

2 Hrs. - \$15.30 (62 & over \$12.60)

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.

10148	BDC	M	04:00P-05:55P	Oestreicher	IVC	06/19-06/19
10148	FDC	M	04:00P-05:55P	Oestreicher	IVC	06/19-06/19
10148	WBC	M	04:00P-05:55P	Oestreicher	IVC	06/19-06/19

## 546-602 Meditation Training

2 Hrs. - \$15.30 (62 & over \$12.60)

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.

10149	WBC	M	04:00P-05:55P	Oestreicher		06/26-06/26
10214	FDC	M	04:00P-05:55P	Oestreicher		07/24-07/24

## 807-604 NEW! Yoga for the Core!

8 Hrs. - \$47.70 (62 & over \$36.90)

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.

10188	WBC	W	06:00P-06:55P	Eberly		07/12-08/30
-------	-----	---	---------------	--------	--	-------------

## 546-607 NEW! Heal Your Life!

2 Hrs. - \$15.30 (62 & over \$12.60)

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!

10215	FDC	M	06:30P-08:25P	Oestreicher		07/24-07/24
-------	-----	---	---------------	-------------	--	-------------

## 546-604 NEW! Forever Young

2 Hrs. - \$15.30 (62 & over \$12.60)

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!

10272	BDC	M	05:30P-07:25P	Oestreicher	IVC	07/31-07/31
10272	FDC	M	05:30P-07:25P	Oestreicher	IVC	07/31-07/31
10272	WBC	M	05:30P-07:25P	Oestreicher	IVC	07/31-07/31

## Many more classes available!

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