

PULMONARY & CRITICAL CARE UPDATE 2008 (CNE 301). Designed to provide health care professionals with state-of-the-art information relating to pulmonary and critical care issues. This conference offers continuing education for nurses, nurses practitioners, medical students, respiratory therapists and physicians. Sponsored by the American Lung Association. Questions: Contact Greg Stettler, Ext. 8401.
Sessions: 1, Fee: TBA

Section No. 2: John A. Logan College, Conference Center, Meets Wednesday beginning February 27, **(Late Start)**, 11:00A-6:30P, Instructor: Various Speakers

SOUTHERN ILLINOIS RESPIRATORY RALLY (CNE 302). This program is open to all individuals affected by lung disease, their families, caregivers, friends, or anyone interested in learning more about lung disease. The day is full of networking, education and exhibits. It will also include a healthy lunch designed with the nutritional needs of the respiratory patient in mind.
Sessions: 1, Fee: TBA

Section No. 1: John A. Logan College, Conference Center, Meets Saturday beginning April 19, **(Late Start)**, 8:30A-4:00P, Instructor: Various Speakers

TRAUMA CONFERENCE (CNE 508). Management of Trauma in Rural America. This program is for First Responders, EMT-B, EMT-I, EMT-P, PHRN, Emergency Department and ICU Nurses and Physicians. CEU's will be offered.
Sessions: 1, Fee: TBA



Section No. 2: John A. Logan College, Conference Center, Meets Friday beginning April 18, **(Late Start)**, 8:00A-4:30P, Instructor: Various Speakers

UPDATES IN PRIMARY CARE: ANNUAL SPRING CHELSI CONFERENCE (CNE 300). Annual continuing medical education conference geared toward primary care physicians, physician assistants, nurse practitioners nurses, and allied health professionals. Tentative topics on the agenda will include cancer, neurology, endocrinology, cardiology and orthopedics.
Sessions: 1, Fee: TBA



Section No. 2: John A. Logan College, Conference Center, Meets Wednesday beginning May 7, **(Late Start)**, 8:30A-4:00P, Instructor: Various Speakers

VENIPUNCTURE & BASICS OF I.V. THERAPY (CNE 192). The main objective of this program is to provide nurses, nursing students, PA's & medical students with knowledge and skills needed to imitate, maintain and discontinue I.V. therapy. Learn venipuncture to obtain blood specimens and start I.V. for adults; initiate and maintain saline or Heparin locks for adults; recognize indications, contraindications and complications of I.V. access in specific sites; initiate and maintain continuous I.V. therapy for adults; administer I.V. fluid and medications via saline locks; discontinue adult peripheral I.V. and identify commonly administered IV's. Legal aspects of I.V. therapy & professional responsibility will also be discussed. I.V. flow and drip rates will be calculated. Please bring a calculator. CEU's will be offered through the AACN Certification Corporation for Nurses.
Sessions: 3, Tuition: \$ 100.50

Section No. 1: John A. Logan College, Room G215 & G216, Meets Saturday beginning April 12, **(Late Start)**, 8:00A-4:00P, Instructor: Dianne Gaertner

WORKING TOGETHER TO IMPROVE CHILD & ADOLESCENT MENTAL HEALTH (CNE 300). A conference directed towards professionals that work with child and adolescent mental health issues. The primary focus of this event will be evidence-based practices, and there will also be information on dialectical behavior therapy, mental health and juvenile justice, trauma care, behavioral parenting training, and medication updates.
Sessions: 1, Fee: TBA



Section No. 1: John A. Logan College, Conference Center, Meets Thursday beginning March 27, **(Late Start)**, 8:30A-4:00P, Instructor: Various Speakers

Classes for Kids

Carbondale

TAE KWON DO FOR KIDS (BEG.) (AGES 3-5) (PS 174). Learn basic Tae Kwon-Do through activities geared to three-to-five year old students. For beginners, white and yellow belts
Sessions: 10, Fee: \$30.00, COM: Optional Uniform

Section No. 1: Carbondale, Old High School Gym, 880 W. High St., Meets Saturday beginning January 19, **(Early Start)**, 11:00A-12:00P, Instructor: Master Thomas Black

TAE KWON DO (BEG.) (AGES 6-11) (PS 174). Learn the techniques of Tae Kwon-Do, which also includes instruction in self-defense. For beginners, white and yellow belts
Sessions: 10, Fee: \$30.00, COM: Optional Uniform

Section No. 2: Carbondale, Old High School Gym, 880 W. High St., Meets Monday/Wednesday beginning January 28, **(Late Start)**, 5:30P-6:30P, Instructor: Master Thomas Black

Section No. 5: Carbondale, Old High School Gym, 880 W. High St., Meets Monday/Wednesday beginning March 17, **(Late Start)**, 5:30P-6:30P, Instructor: Master Thomas Black

TAE KWON DO (AGES 12 & UP) (PS 174). Learn techniques of Tae Kwon Do and self-defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts.
Sessions: 10, Fee: \$30.00, COM: Optional Uniform

Section No. 3: Carbondale, Old High School, 880 W. High St., Meets Monday/Wednesday beginning January 28, **(Late Start)**, 6:30P-7:30P, Instructor: Master Thomas Black

Section No. 6: Carbondale, Old High School, 880 W. High St., Meets Monday/Wednesday beginning March 17, **(Late Start)**, 6:30P-7:30P, Instructor: Master Thomas Black

WIGGLES N' TUNES (AGES 8 MO. - 48 MO.) (PS 526). A Pre-K MusicPlay program where you and your child, guided by a Wiggles N' Tunes trained instructor, will actively participate in music and movement. Designed to meet the National Pre-K music curriculum standards.
Sessions: 8, Fee: \$40.00



Section No. 2: Carbondale, Talent Education School, 705 W. Main, Meets Thursday beginning January 24, 11:00A-12:00P, Instructor: Alyce Ward

Section No. 3: Carbondale, Talent Education School, 705 W. Main, Meets Thursday beginning January 24, 12:00P-1:00P, Instructor: Alyce Ward

Du Quoin

PHOTOGRAPHY FOR KIDS (AGES 8-13) (PS 599). This fun, hands-on class will teach children the fundamentals of using a point and shoot digital camera. Focus on using the camera's automatic features and will include instruction on shooting a variety of subjects, transferring, images, and printing. Students should be familiar with a computer. Camera not required, but if available, student should bring digital camera and camera manual to class.
Sessions: 6, Fee: \$30.00

Section No. 1: DuQuoin, Faith Photography Studio, 8 West Main, Meets Monday beginning January 28, **(Late start)**, 4:30P-6:00P, Instructor: Debbie Oxford

TAE KWON DO FOR KIDS (AGES 7-11) (PS 109). Tae Kwon Do is a Korean martial art utilizing both hand and foot technique. While this martial art is known for its dynamic kicking and self-defense skills, it is also a great way for children to gain self-confidence, discipline, coordination and improve concentration through many fun filled activities and drills.
Sessions: 10, Fee: \$30.00

Section No. 1: Du Quoin, Longshore's Tae Kwon Do, 36 N. Division, Meets Monday/Thursday beginning January 28, **(Late Start)**, 6:00P-7:00P, Instructor: Lawrence "Corky" Longshore

TAE KWON DO (AGES 12 & UP) (PS 174). Learn techniques of Tae Kwon-Do and self defense through emphasis on basic kicks, blocks, and punching techniques. For beginners, white and yellow belts
Sessions: 10, Fee: \$30.00

Section No. 4: Du Quoin, Longshore's Tae Kwon Do, 36 N. Division, Meets Monday/Thursday beginning January 28, **(Late Start)**, 7:00P-8:00P, Instructor: Lawrence "Corky" Longshore

John A. Logan College

MAD SCIENTIST CLUB (PS 556). This class is for 4th through 8th graders who love science. Activities include using telescopes and microscopes, dissections, rockets, making blobs, and anything that produces lots of noise and smoke.
Sessions: 6, Fee: \$40.00 COM \$10.00 payable to instructor

Section No. 1: John A. Logan College, Room H133, Meets Saturday beginning March 22, **(Late Start)**, 10:30A-12:30P, Instructor: Don Bless

MARTIAL ARTS FOR KIDS (AGES 5-10) (PS 571). Give your child a fun and exciting experience at our martial arts class for boys and girls. Students will gain self-confidence thru self-defense training and Tae Kwon Do instruction from qualified child friendly instructors.
Sessions: 10, Fee: \$30.00

Section No. 1: John A. Logan College, Multi Purpose Room, Meets Thursday beginning January 24, 4:00P-5:00P, Instructor: Lee Valarius

TENNIS CAMP FOR PEE WEE'S (AGES 3-7) (PS 601). Program is designed for young children to learn the basics for tennis to prepare them for the next level. This is a fun class!
Sessions: 6, Fee: \$25.00, COM: \$5.00 payable to instructor first day of class

Section No. 1: John A. Logan College, Tennis Courts, Meets Saturday beginning March 15, **(Late Start)** 12:00P-1:00P, Instructor: Tim Hancock



TENNIS CAMP FOR KIDS (AGES 8-12) (PS 486).

Topics include the serve, the backhand, rules and courtesy, scoring and other fundamentals.

Sessions: 6, Fee: \$35.00, COM: \$5.00 payable to instructor first day of class

Section No. 1: John A. Logan College, Tennis Courts, Meets Saturday beginning March 15, **(Late Start)** 10:00A-12:00P, Instructor: Tim Hancock

WIGGLES N' TUNES (AGES 8 MO. - 48 MO.)

(PS 526). A Pre-K MusicPlay program where you and your child, guided by a Wiggles N' Tunes trained instructor, will actively participate in music and movement. Designed to meet the National Pre-K music curriculum standards.

Sessions: 8, Fee: \$40.00

Section No. 1: John A. Logan College, Room B53, Meets Friday beginning January 25, 11:00A- 12:00P, Instructor: Alyce Ward



Marion

SPANISH FOR KIDS (GRADES 2-5) (PS 353).

Speak the most common Spanish words reinforced with games, fun activities, and listening to Spanish Sessions: 12, Fee: \$30.00

Section No. 1: Marion, Lincoln School, 400 Morningside, Meets Tuesday beginning January 22, 3:20P-4:20P, Instructor: Sonia Edwards

Section No. 2: Marion, Longfellow School, West Hendrickson, Meets Wednesday beginning January 23, 3:20P-4:20P, Instructor: Sonia Edwards

SPANISH FOR KIDS (GRADES 3-5) (PS 353).

Sessions: 12, Fee: \$30.00

Section No. 3: Marion, Washington School, E. Main, Meets Thursday beginning January 24, 3:20P-4:20P, Instructor: Sonia Edwards

West Frankfort

SUPER SITTERS (ACE 300). Learn the basics of babysitting and first aid through activities and discussion.

Sessions: 5, Tuition: \$33.50

Section No. 13: West Frankfort Ext. Center, Room WF6, Meets Thursday beginning January 24, 6:00P-8:00P, Instructor: Talia Tedrow

Section No. 17: West Frankfort Ext. Center, Room WF6, Meets Thursday beginning February 28, **(Late Start)**, 6:00P – 8:00P, Instructor: Talia Tedrow

Physical Education

AEROBICS FITNESS (LOW IMPACT) (ACE 239).

This class is designed for the person who has or has not taken an aerobics class. This class will review various movements used in an aerobic class and then will be put into a pattern and varied over the 10 week session.

Sessions: 10, Tuition: \$33.50, Fee: \$10.00

Section No. 4: Marion Youth Center, 211 E Blvd., Meets Thursday beginning January 24, 6:30P-8:30P, Instructor: Eva Black

AQUA AEROBICS (ACE 239). Great class for cardiovascular, muscle toning, and flexibility. This low impact work out in chest deep water is perfect and challenging for any fitness level.

Sessions: 10, Tuition: \$33.50, COM \$30.00

Section No. 1: West Frankfort Aquatic Center, Meets Tuesday/Thursday beginning January 22, 9:15A-10:15A, Instructor: Jean Szidik

Section No. 5: West Frankfort Aquatic Center, Meets Tuesday/Thursday beginning February 26, **(Late Start)**, 9:15A-10:15A, Instructor: Jean Szidik

AQUA ARTHRITIS (ACE 239). Aquatics program designed to increase your range of motion, flexibility and circulation. No swimming skills required for this shallow water workout.

Tuition: \$33.50, COM \$30.00 Payable to Carbondale Park District

Section No. 6: Carbondale Life Center, Meets Tuesday/Thursday beginning January 15, **(Early Start)**, 11:00A-12:00P, Instructor: Dee Brown
Sessions: 16

Section No. 2: West Frankfort Aquatic Center, Meets Tuesday/Thursday beginning January 22, 10:15A-11:15A, Instructor: Jean Szidik
Sessions: 10

Section No. 8: West Frankfort Aquatic Center, Meets Tuesday/Thursday beginning February 26, **(Late Start)**, 10:15A-11:15A, Instructor: Jean Szidik
Sessions: 10

Section No. 12: Carbondale Life Center, Meets Tuesday/Thursday beginning March 18, **(Late Start)**, 11:00A-12:00P, Instructor: Dee Brown
Sessions: 16

ARTHRITIS SELF-HELP COURSE (ACE 239). A six-week program designed to teach people with arthritis how to take a more active part in their arthritic care by exercising and goal setting.

Sessions: 10, Tuition: \$67.00, Students will receive a free book.

Section No. 7: Murphysboro, First Christian Church, 1501 Pine Street, Meets Monday/Wednesday beginning March 17, **(Late Start)**, 10:00A-12:00P, Instructor: Dee Brown