

**Colorado Free
University**
Learning for Life

CompuSkills

October
2012 to
January 2013
freeu.com

Join the Conversation!



**Social
Media**

**Nonprofit
Admin**

Art

**Computer
Skills**

ASL

Music

**Performing
Arts**

Spanish

Crafts

**Online
Marketing**

Travel

Cooking

Tips on finding your classes...

Colorado Free University, CFU Spanish, and CompuSkills Training are located in our campus in Lowry (see map below). CFU classes may also be held at teacher sponsored locations. The general area and main cross streets are noted below each course description. Once you register, your class confirmation ticket will give you the specific address and driving directions.

CFU/CompuSkills/CFU Spanish:
(CFU Lowry: Near 1st & Quebec)
7653 East 1st Place
Denver, CO 80230



Lowry is accessible via RTD. The closest bus stop is at Lowry Blvd. & Quebec, just one block south of East 1st Avenue.

Quality adult education classes since 1987.

Colorado Free University

7653 E. 1st Place
Denver, CO 80230
303-399-0093
www.freeu.com

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On Our Cover...

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On the Back...

Man: ©Peter Finnie | istockphoto.com

Join the Conversation!

Colorado Free University students are a diverse group—all ages, races, backgrounds, and educational levels. What they have in common is that they are independent-minded people who take control of their own lives. They take risks, commit themselves to growth, develop skills, and chart new courses in their lives. CFU students are special people.

This is an important time in history. Big decisions must be made that will make significant differences in the way our community and country approach our problems. The political season is draining, especially when it gets rancorous, and it can be tempting to tune out. But, we desperately need informed, concerned citizens to stay engaged and become involved.

CFU students are just the kind of people who should be joining the conversation. I urge you: Be a part of the solution. Seek to be informed, listen to different points of view, consider the big picture, look at the issues, and support our community.

Helen H. Hand, Ph.D.
CFU President

firehouse
THEATER COMPANY

JOHN HAND THEATER

Regional Premiere

October 5 to November 3, 2012

Dr. Jekyll and Mr. Hyde

Adapted by Jeffrey Hatcher from the novella by Robert Louis Stevenson

Directed by Brian Brooks

A new and shocking version of Robert Louis Stevenson's classic tale of depravity, lust, love and horror. On the fog-bound streets of Victorian-era London, Henry Jekyll's experiments with exotic powders and tinctures have brought forth his other self-Edward Hyde, a sensualist and villain free to commit the sins Jekyll is too civilized to comprehend. When Hyde meets a woman who stirs his interest, Jekyll fears for her life and decides to end his experiments. But Hyde has other ideas, and so the two sides battle each other in a deadly game of cat-and-mouse to determine who shall be the master and who his slave.

firehousetheatercompany.com/303-562-3232

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eisenhowerchapel.com

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CFU is...

John Hand, Founder
Helen Hand, President
Cecile DiGiallonardo, Vice President
& CompuSkills Computer Training Director
Dawn Borg, Treasurer & Facilities Manager
Kevin Collins, Distribution Director
Michael Raczuk, Spanish Center Director
Laura Hydeman, Program Manager
Maryjean Hand-Bender, Registration
Office Manager, Space Rental Coordinator, &
Program Assistant
Benjamin Hand-Bender, Student
Services Representative
Nancy Bowen, Facilities Maintenance
Assistant

Certification Programs

Nonprofit Leadership Certification

This certificate in nonprofit leadership and administration establishes a foundation for those wanting to work in the nonprofit sector. CFU is not an accredited university and the certificate is not a university degree, but the course of study will enable someone starting out in the not-for-profit world to learn the basics. To earn the certificate, students must complete nine classes, at least six coming from the list of Core Courses.

Core Courses:

- How to Start a Nonprofit Organization (#7105)
- Become a Grant Writer (#3271)
- How to Create a Business Plan that Works (#3272)
- Building Your Nonprofit for the Future: Strategic Planning that Works (#7106) (New title)
- The 3 R's of Volunteers: Recruitment, Retention, and Recognition (#7104)
- Nonprofits in Colorado: Resources and Practices (#3270)
- How to Obtain 501(c)(3) Status and Keep It (#1958)
- Finances and Nonprofits: A Layman's Guide to Financial Statements (#1955)
- Crowd Funding 101 (#1966)

Electives:

- Become a Mediator: Comprehensive Training (#3356)—counts as 3 electives
- Negotiating Skills for Women (#4647)
- The Art of Authentic Communication (#3257)
- Get in Bed with Your Audience: Public Speaking Made Easy (#3241)
- Own Any Occasion: Creating and Delivering a Confident Speech (#1192)
- Exceptional Women Speakers (#3239)
- Digital Marketing Overview (#1935)

Online Marketing and Social Media Certification

CFU has created a curriculum that enables a business to create and implement an online marketing strategy or an individual to become a social media manager. CFU is not an accredited university and the certificate is not a university degree. To earn your Level I certificate, take 3 required courses and 8 additional courses. Upgrade to a Level II certificate with 6 additional courses.

Overview Courses (Take at least 1 from this category):

- Smart and Successful Websites: The Key to Online Marketing (#3590)
- Get Your Business Listed on the First Page of Google Using Local Search (#3221)
- Digital Marketing Overview (#1935)

Required for all certificate holders (must take all 3):

- Digital Marketing Strategy (#1928)
- Hands-on Web and Social Media Marketing Lab (#3735)
- Twitter, Blogging, and Lawsuits: Intro to Online Marketing Law (#1946)

Online Marketing Platforms (elective courses):

- Facebook for Business (#3733)
- Twitter, Google+, & Hootsuite (#3732)
- Everything You wanted to Know about Blogging (#3244)
- LinkedIn 201: LinkedIn for Business Advancement (#3350)
- Digital Marketing with Pinterest (#1930)
- Mobile Marketing (#1964)

Additional Options (elective courses):

- Easy Content Creation for Digital Marketing (#1931)
- Marketing to Women Online (#1939)
- B2B Sales Success with Webinars (#1932)
- Easy Email Marketing with Mail Chimp® (#3210)
- Crowd-Funding 101: Get Funding for Your Dream (#1966)

CompuSkills classes (work at a computer station for these elective courses):

- Blogging Basics: Hands-on Training (#3411)
- Intermediate Hands-On Blogging (#3412)
- Introduction to WordPress Level 1 (#3475)
- Using WordPress: Level 2, Intermediate (#3476)
- WordPress for Developers: Level 3, Advanced (#3479)
- Basics of Web Design (#3432)
- Intro to HTML (#3477)

*Courses included in these curriculums change over time, but CFU will count courses previously included in the programs toward the certificates. See the CFU for the list of past classes that count towards these certificates.



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 - ✓ One-on-one & customized training available.
- Call CFU at 303-399-0093 to register!**

PC Basics Using Windows 7

Learn about the most basic functions of your computer and begin building an understanding of what it is and how it works. Topics include: defining hardware and software, what's going on inside the computer (RAM, CPU and the hard drive), an overview of operating systems, how information gets saved and how drives are set up. Hands-on activities include basic windows skills and an introduction to working with files. Gain an overview of application software such as word-processing, spreadsheets, database, and presentation programs. **This class is designed for the user who has never used a personal computer.**

Previous knowledge or experience: None
\$119 Non-Member \$99 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3402KL: One Mon. & One Tue., 6:30-9:30 PM
Begins 9/17

3402KM: One Sat., 9 AM-4 PM 10/13

3402KN: One Thu., 9 AM-4 PM 11/15

3402KO: One Tue. & One Wed., 6:30-9:30 PM
Begins 12/11

3402KP: One Sat., 9 AM-4 PM 1/12

Microsoft® Windows 7

Gain a greater awareness and confidence using the various features, tools, and options available in Windows 7. In this course, you will familiarize yourself with the basics of personal computers, customize Windows 7, and manage files and folders. You will also work with simple tools and browse the Internet. **This class is designed for the student with no prior Windows experience and not recommended for users that have used previous versions of Windows.**

Prerequisite: Basic computer knowledge
\$134 Non-Member \$119 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3403HS: One Tue. & One Wed., 6:30-9:30 PM
Begins 8/28

3403HT: One Thu., 9 AM-4 PM 9/27

3403HU: One Sat., 9 AM-4 PM 10/20

3403HV: One Mon. & One Tue., 6:30-9:30 PM
Begins 11/12

3403HW: One Sat., 9 AM-4 PM 12/8

3403HX: One Thu., 9 AM-4 PM 1/24

Exploring the Internet Using Email and the Web

Discover how easy and fun it is to use the Internet! In this hands-on, interactive class learn how to browse websites, acquire and manage information from the web; understand your browser toolbar and setting options; work with search engines and configure security settings. You will also cover email topics such as creating, sending and receiving email and how to recognize and protect yourself from email scams.

Previous knowledge or experience:

Understanding of the basics of Windows

\$134 Non-Member \$119 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3404AV: One Wed. & One Thu., 6:30-9:30 PM
Begins 10/24

3404AW: One Tue. & One Wed., 6:30-9:30 PM
Begins 12/4

3404AX: One Sat., 9 AM-4 PM 1/26

Microsoft Publisher

Microsoft® Publisher is an easy to use, flexible program for creating newsletters, brochures, business cards, postcards and flyers for print, email, and the Web. In this course, you will learn how to create a publication from scratch or use one of the hundreds of business and personal designs available in Publisher. **This class is offered in either Publisher 2007 or Publisher 2010.**

Previous knowledge or experience:

Understanding of basics of Windows

\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Publisher 2007

3499DI: One Wed., 9 AM-4 PM 9/26 (2007)

3499DL: One Wed., 9 AM-4 PM 1/16 (2007)

MS Publisher 2010

3499DH: One Tue., 9 AM-4 PM 8/28 (2010)

3499DJ: One Tue., 9 AM-4 PM 10/16 (2010)

3499DK: One Mon., 9 AM-4 PM 1/7 (2010)

Gwen Eden

“is a very good teacher. Very clear.”

—V. F.

Blogging Basics Hands-On Training

Within this three-hour course, you will gain a basic introduction to blogs in general and complete the following tasks: sign up for a Google account if you don't have one already; sign up for a practice blog via Blogger; discuss importance of branding and consistent domain name; create first post; become familiar with Blogger's customizable features. Participants usually come with a purpose for a potential blog, wanting to see a hands-on step-by-step instruction. This is an interactive class that is personalized on the spot depending on students' needs. You will walk away with the slides and step-by-step instructions to review as you wish. **Gwen Eden.**

Prerequisite: Understanding of basics of Windows and website navigation

\$74 Non-Member \$59 Member

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3411AH: One Sat., 9 AM-12 PM 9/15

3411AI: One Thu., 6:30-9:30 PM 10/11

3411AJ: One Sat., 9 AM-12 PM 11/3

3411AK: One Wed., 6:30-9:30 PM 11/28

3411AL: One Wed., 6:30-9:30 PM 1/30

NEW! Intermediate Hands-On Blogging

Within this three-hour course, you will make the bridge between blogging basics and moving on to Wordpress for more customization options. Learn how to: use your Blogger account that is already created; upload photos and slideshows using flickr; embed html code from outside gadgets; use youtube to embed videos; explore themes' pros and cons for your purpose. **Gwen Eden.**

Prerequisite: Blogging Basics or equivalent knowledge

\$74 Non-Member \$59 Member

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3412E: One Sat., 1-4 PM 11/3

3412F: One Thu., 6:30-9:30 PM 11/29

3412G: One Thu., 6:30-9:30 PM 1/31

QuickBooks Pro for Windows

QuickBooks Pro is the worlds' most popular double-entry accounting software. In the **Introduction** course, track income and expenditures, reconcile checkbooks, budget and monitor expenses, manage accounts. In the **Advanced** section you'll continue QuickBooks mastery by learning payroll features: determining and paying payroll liabilities, tracking hours, recording payroll expenses, job costing, and tracking.

Introduction

Previous knowledge or experience:

Understanding of the basics of Windows
\$174 Non-Member \$159 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3468LG: One Wed., 9 AM-4 PM 9/26

3468LH: One Tue., 9 AM-4 PM 10/23

3468LI: One Thu., 9 AM-4 PM 11/15

3468LJ: One Tue., 9 AM-4 PM 12/18

3468LK: One Wed., 9 AM-4 PM 1/16

Advanced: Payroll, Time and Billing

Prerequisite: QuickBooks Pro for Windows or equivalent knowledge

\$184 Non-Member \$169 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3416BW: One Thu., 9 AM-4 PM 9/13

3416BX: One Wed., 9 AM-4 PM 10/31

3416BY: One Mon., 9 AM-4 PM 12/3

3416CA: One Tue., 9 AM-4 PM 1/29

Making the Most of Microsoft Outlook

MS Outlook is about more than mail. In this class learn how to use the mail system fully — attach, send and forward files, as well as how to maintain your Calendar, schedule meetings and work with tasks and notes.

This class is offered in Outlook 2007 or Outlook 2010.

Prerequisite: Understanding of basics of Windows

\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS Outlook 2007

3489PW: One Wed., 9 AM-4 PM 10/10 (2007)

3489PY: One Tue., 9 AM-4 PM 12/4 (2007)

MS Outlook 2010

3489PV: One Fri., 9 AM-4 PM 9/21 (2010)

3489PX: One Mon., 9 AM-4 PM 11/12 (2010)

3489QA: One Fri., 9 AM-4 PM 1/18 (2010)

Microsoft Word

MS Word for Windows allows you to create and format personal and professional documents and tables of all kinds. **Level 1** teaches basic skills to create, edit, and format texts. **Level 2** covers how to use mail merge, work with tables, charts and graphics and how to customize documents. In the **Level 3** course use Word with other programs, learn advanced formatting and specialized techniques for creating and managing documents, forms and web pages. **This class is offered in either Word 2007 or Word 2010.**

Level 1

Previous knowledge or experience:

Understanding of basics of Windows

\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS Word 2007

3442SK: One Wed., 9 AM-4 PM 9/19 (2007)

3442SM: One Fri., 9 AM-4 PM 10/19 (2007)

3442SO: One Tue., 9 AM-4 PM 11/20 (2007)

3442SQ: One Mon., 9 AM-4 PM 12/17 (2007)

3442SR: One Thu., 9 AM-4 PM 1/17 (2007)

MS Word 2010

3442SJ: One Mon., 9 AM-4 PM 9/17 (2010)

3442SL: One Wed., 9 AM-4 PM 10/17 (2010)

3442SN: One Tue., 9 AM-4 PM 11/13 (2010)

3442SP: One Thu., 9 AM-4 PM 12/13 (2010)

3442SS: One Mon., 9 AM-4 PM 1/21 (2010)

Level 2

Prerequisite: MS Word Level 1 or equivalent knowledge

\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS Word 2007

3443LA: One Tue., 9 AM-4 PM 9/11 (2007)

3443LC: One Mon., 9 AM-4 PM 10/29 (2007)

3443LE: One Mon., 9 AM-4 PM 12/3 (2007)

3443LG: One Tue., 9 AM-4 PM 1/22 (2007)

MS Word 2010

3443KY: One Tue., 9 AM-4 PM 9/4 (2010)

3443LB: One Fri., 9 AM-4 PM 10/26 (2010)

3443LD: One Wed., 9 AM-4 PM 11/28 (2010)

3443LF: One Wed., 9 AM-4 PM 1/23 (2010)

Level 3

Prerequisite: MS Word Level 2 or equivalent knowledge

\$169 Non-Member \$159 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS Word 2007

3444FF: One Wed., 9 AM-4 PM 10/3 (2007)

3444FH: One Tue., 9 AM-4 PM 1/29 (2007)

MS Word 2010

3444FE9: One Thu., 9 AM-4 PM 10/4 (2010)

3444FG: One Thu., 9 AM-4 PM 11/29 (2010)

Microsoft Office Weekend

This comprehensive weekend class will teach you how to use and integrate the word processing power of **MS Word**, the spreadsheet basics of **MS Excel**, and presentation skills of **MS PowerPoint**. You will create and edit basic worksheets, documents and presentations. **This class is offered in either Office 2007 or Office 2010.**

Previous knowledge or experience:

Understanding of basics of Windows

\$329 Non-Member \$309 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3433HI: One Sat. & One Sun., 9 AM-4 PM

Begins 9/29 (2010)

3433HJ: One Sat. & One Sun., 9 AM-4 PM

Begins 10/27 (2007)

3433HK: One Sat. & One Sun., 9 AM-4 PM

Begins 11/10 (2010)

3433HL: One Sat. & One Sun., 9 AM-4 PM

Begins 12/15 (2007)

3433HM: One Sat. & One Sun., 9 AM-4 PM

Begins 1/5 (2010)

Microsoft PowerPoint

Create professional presentations with Microsoft's impressive presentation software. The **Introduction** covers all the basics of how to set up and run a presentation. In the **Advanced** course, enhance your presentations with charts and diagrams, special effects and features that draw and animate. **This class is offered in either PowerPoint 2007 or PowerPoint 2010.**

Introduction

Previous knowledge or experience:

Understanding of basics of Windows

\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS PowerPoint 2007

3495JM: One Wed., 9 AM-4 PM 9/5 (2007)

3495JO: One Mon., 9 AM-4 PM 10/22 (2007)

3495JQ: One Wed., 9 AM-4 PM 12/5 (2007)

MS PowerPoint 2010

3495JN: One Wed., 9 AM-4 PM 9/19 (2010)

3495JP: One Thu., 9 AM-4 PM 10/25 (2010)

3495JR: One Wed., 9 AM-4 PM 12/12 (2010)

3495JS: One Thu., 9 AM-4 PM 1/24 (2010)

Advanced Features

Prerequisite: PowerPoint Introduction or equivalent knowledge

\$169 Non-Member \$159 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

MS PowerPoint 2007

3496EA: One Tue., 9 AM-4 PM 10/2 (2007)

3496EC: One Tue., 9 AM-4 PM 1/15 (2007)

MS PowerPoint 2010

3496DY: One Fri., 9 AM-4 PM 8/31 (2010)

3496EB: One Tue., 9 AM-4 PM 11/6 (2010)

Microsoft Excel

Analyze, manage, and share data of all kinds—from personal and professional budgeting to scheduling. The **Level 1** class provides all the basics for creating and editing spreadsheets and workbooks and performing simple calculations. In **Level 2** learn to streamline and enhance your spreadsheets with templates, charts, graphics, and formulas. The **Level 3** class includes topics in advanced data entry functions and capabilities as well as task automation, data analysis and worksheet collaboration. **This class is offered in Excel 2007 or Excel 2010.**

Level 1

Previous knowledge or experience:

Understanding of the basics of Windows
\$164 Non-Member \$149 Member
Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Excel 2007

3480XP: One Mon., 9 AM-4 PM 9/10 (2007)
3480XR: One Wed. & One Thu., 6:30-9:30 PM
Begins 9/19 (2007)
3480XT: One Fri., 9 AM-4 PM 10/12 (2007)
3480XU: One Thu., 9 AM-4 PM 11/8 (2007)
3480XX: One Mon., 9 AM-4 PM 12/10 (2007)
3480YB: One Thu., 9 AM-4 PM 1/10 (2007)
3480YC: One Tue. & One Wed., 6:30-9:30 PM
Begins 1/22 (2007)

MS Excel 2010

3480XO: One Sat., 9 AM-4 PM 9/8 (2010)
3480XQ: One Wed., 9 AM-4 PM 9/12 (2010)
3480XS: One Thu., 9 AM-4 PM 10/11 (2010)
3480XV: One Fri., 9 AM-4 PM 11/9 (2010)
3480XW: One Sat., 9 AM-4 PM 11/17 (2010)
3480XY: One Tue., 9 AM-4 PM 12/11 (2010)
3480YA: One Wed., 9 AM-4 PM 1/9 (2010)

Level 2

Prerequisite:

Excel Level 1 or equivalent knowledge
\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Excel 2007

3481ON: One Fri., 9 AM-4 PM 9/21 (2007)
3481OP: One Tue., 9 AM-4 PM 10/23 (2007)
3481OQ: One Fri., 9 AM-4 PM 11/16 (2007)
3481OS: One Tue., 9 AM-4 PM 12/18 (2007)
3481OU: One Mon., 9 AM-4 PM 1/21 (2007)
MS Excel 2010
3481OM: One Thu., 9 AM-4 PM 9/20 (2010)
3481OO: One Thu., 9 AM-4 PM 10/18 (2010)
3481OR: One Mon., 9 AM-4 PM 11/19 (2010)
3481OT: One Thu., 9 AM-4 PM 1/17 (2010)

Level 3

Prerequisite:

Excel Level 2 or equivalent knowledge
\$169 Non-Member \$159 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Excel 2007

3482FX: One Fri., 9 AM-4 PM 9/28 (2007)
3482GA: One Mon., 9 AM-4 PM 11/26 (2007)
3482GD: One Thu., 9 AM-4 PM 1/31 (2007)
MS Excel 2010
3482FY: One Wed., 9 AM-4 PM 10/24 (2010)
3482GB: One Fri., 9 AM-4 PM 11/30 (2010)
3482GC: One Wed., 9 AM-4 PM 1/30 (2010)



Microsoft Access

Learn how to create a variety of data tables and forms, analyze the data, and write reports. In **Level 1** examine basic database concepts, create and modify databases, and be introduced to basic concepts of performing queries and building reports. In **Level 2** customize reports, join tables, modify table design and field properties, share data across applications. **Level 3** will cover advanced forms, reports, and query writing, macros, and database maintenance. **This class is offered in Access 2007 or Access 2010.**

Level 1

Previous knowledge or experience:

Understanding of basics of Windows
\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Access 2007

3462RK: One Thu., 9 AM-4 PM 9/6 (2007)
3462RM: One Mon., 9 AM-4 PM 10/15 (2007)
3462RO: One Wed., 9 AM-4 PM 11/14 (2007)
3462RR: One Tue., 9 AM-4 PM 1/8 (2007)
MS Access 2010
3462RL: One Tue., 9 AM-4 PM 9/18 (2010)
3462RN: One Fri., 9 AM-4 PM 10/19 (2010)
3462RP: One Wed., 9 AM-4 PM 11/21 (2010)
3462RQ: One Fri., 9 AM-4 PM 12/14 (2010)
3462RS: One Tue., 9 AM-4 PM 1/22 (2010)

Microsoft Project

This two-day course is designed for individuals who will use Microsoft Office Project as a tool to assist them in managing projects. The topics in this course cover the critical skills necessary to create and modify a project plan file that contains tasks, resources, and resource assignments. You will exchange project plan data with other applications, update project plans, create custom reports, and reuse project plan information. **This class is offered in either Project 2007 or Project 2010.**

Previous knowledge or experience:

Understanding of the basics of Windows
\$304 Non-Member \$289 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Project 2007

3487EE: One Wed. & One Thu., 9 AM-4 PM
Begins 8/29 (2007)
3487EG: One Tue. & One Wed., 9 AM-4 PM
Begins 11/27 (2007)

MS Project 2010

3487EF: One Thu. & One Fri., 9 AM-4 PM
Begins 9/27 (2010)
3487EH: One Thu. & One Fri., 9 AM-4 PM
Begins 1/31 (2010)

Level 2

Prerequisite:

Microsoft Access Level 1 or equivalent knowledge
\$164 Non-Member \$149 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Access 2007

3463OC: One Mon., 9 AM-4 PM 9/24 (2007)
3463OF: One Wed., 9 AM-4 PM 10/31 (2007)
3463OH: One Thu., 9 AM-4 PM 12/6 (2007)
3463OI: One Mon., 9 AM-4 PM 1/14 (2007)

MS Access 2010

3463OD: One Tue., 9 AM-4 PM 9/25 (2010)
3463OE: One Tue., 9 AM-4 PM 10/30 (2010)
3463OG: One Mon., 9 AM-4 PM 11/26 (2010)
3463OJ: One Fri., 9 AM-4 PM 1/25 (2010)

Level 3

Prerequisite:

Microsoft Access Level 2 or equivalent knowledge
\$169 Non-Member \$159 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
MS Access 2007

3464IJ: One Thu., 9 AM-4 PM 10/4 (2007)
3464IL: One Wed., 9 AM-4 PM 1/23 (2007)
MS Access 2010
3464IH: One Wed., 9 AM-4 PM 8/29 (2010)
3464IK: One Tue., 9 AM-4 PM 11/27 (2010)
3464IM: One Mon., 9 AM-4 PM 1/28 (2010)

Basics of Web Design

This **entry-level** class takes a solid look at the basics of web design and serves as an overview of the many disciplines required to be a true Webmaster. Topics covered include: Understanding web site design and principles, HTML editors, HTML and CSS (cascading style sheets), integrating multimedia, dynamic content (CMS, blogs, etc.), hosting and publishing.

Prerequisite: Proficiency Using Windows

\$319 Non-Member \$299 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3432BE9: One Sat. & One Sun., 9 AM-4 PM Begins 10/13
3432BF: Two Fri., 9 AM-4 PM Begins 12/7

Introduction to HTML/CSS

Understanding the basic structure of HTML/CSS formatting can help you to easily produce eye-catching web sites that incorporate graphics and hypertext links. Create a basic web page, structure content, apply styles using CSS and link web pages. Leave this class with a working web design layout. This class focuses heavily on HTML and CSS coding.

Prerequisite: Proficiency using Windows

\$289 Non-Member \$269 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3477BE: Two Fri., 9 AM-4 PM Begins 10/26
3477BG: Two Fri., 9 AM-4 PM Begins 1/4

Introduction to JavaScript

Now that you have a handle on HTML/CSS, its time to take your website building skills to the next level. With JavaScript you can breathe life into your site by making it more dynamic and interactive, and by adding extra functionality to gather important visitor data. Learn the basics of JavaScript programming to enhance your navigation menus, create powerful smart forms and manipulate user input to give them instant feedback and a custom experience. Take the mystery out of developing creative and interactive websites, and gain complete control of your site's intended purpose!

Prerequisite: HTML/CSS mastery; some Object-Oriented programming helpful but not required

\$289 Non-Member \$269 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3478Q: Two Fri., 9 AM-4 PM Begins 9/7
3478R: One Sat. & One Sun., 9 AM-4 PM Begins 12/1

Adobe Dreamweaver CS4

Experts agree that Dreamweaver is the best web editor on the market. This course is intended for anyone who needs to build simple websites and utilize the features of Adobe Dreamweaver CS4. Examine the basic concepts of web design, explore and customize the Dreamweaver interface, define and build a website, format a web page, work with reusable site assets and links, and gain a basic understanding of cascading style sheets.

Prerequisite: Mastery of basic Windows skills and HTML experience suggested.

\$419 Non-Member \$399 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3434DL: One Sat. & One Sun., 9 AM-4 PM Begins 12/1

Introduction to WordPress Level 1

Discover the wonderful world of WordPress! WordPress is a free, state-of-the-art publishing platform with a focus on aesthetics, web standards, and usability. Topics included in this course: finding a host for your WordPress site; basic configuration for blogging; getting to know the WP Dashboard; settings; adding posts & pages; using categories & tags, uploading images.

Prerequisite: Basic computer and Internet skills

\$164 Non-Member \$149 Member

\$27 (PDF) - \$75 (Print) optional materials fee for 'Digging into WordPress' by Chris Coyier and Jeff Starr

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3475AY: One Fri., 9 AM-4 PM 9/14
3475BA: One Mon., 9 AM-4 PM 10/15
3475BB: One Fri., 9 AM-4 PM 11/16
3475BC: One Mon., 9 AM-4 PM 12/10
3475BD: One Fri., 9 AM-4 PM 1/18

Using WordPress Level 2, Intermediate

Delve deeper into WordPress in this intermediate level class. Learn how to personalize your site by using widgets, custom navigation menus, installing and configuring some common useful plugins. Change the look and feel by finding, installing, and configuring a new theme.

Prerequisite: Introduction to WordPress or equivalent knowledge

\$164 Non-Member \$149 Member

\$27 (PDF) - \$75 (Print) optional materials fee for *Digging into WordPress* by Chris Coyier and Jeff Starr

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3476AC: One Mon., 9 AM-4 PM 10/22
3476AD: One Mon., 9 AM-4 PM 12/17
3476AE: One Fri., 9 AM-4 PM 1/25



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WordPress for Developers Level 3, Advanced

In this advanced level class, learn how WordPress themes are built, how to customize a theme by using template tags and custom loop queries; add functionality by writing custom post types and adding custom page templates.

Prerequisite: Familiarity with WP, WordPress: Level 2, or equivalent knowledge and intermediate HTML+CSS skills
\$164 Non-Member \$149 Member
\$27 (PDF) - \$75 (Print) optional materials fee for 'Digging into WordPress' by Chris Coyier and Jeff Starr

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec
3479FG: One Fri., 9 AM-4 PM 9/7
3479FH: One Mon., 9 AM-4 PM 10/29
3479FI: One Mon., 9 AM-4 PM 1/28

About Donald Seigler's Intro to HTML class:
"Well done, very enjoyable."

—K. A.

Adobe Photoshop Elements

Adobe Elements is the #1 photo-editing software program with all the power to enhance your photos made easier. Learn to make quick fixes, organize, and electronically share your digital photos and albums. Also learn to create a slide show, e-mail your photos to your friends and family.

Previous knowledge or experience:

Understanding of basics of Windows
\$154 Non-Member \$139 Member

Includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3447CN: One Fri., 9 AM-4 PM 10/5

3447CO: One Wed., 9 AM-4 PM 11/7

3447CP: One Tue., 9 AM-4 PM 1/8

Adobe Photoshop CS4

Whether you are a graphic designer, photographer, scrap booker, webmaster or just a beginner, Photoshop CS4's photo manipulation features will help you accomplish your goals. Retouch old and new photos, select and cut out images, layers, type, masking, and more. Create a 3D image, an 11" x 17" poster, and complete a project using hand coloring on B&W images and combine B&W and color images on the second day.

Previous knowledge or experience:

Understanding of basics of Windows
\$439 Non-Member \$419 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3449GW: One Mon. & One Tue., 9 AM-4 PM

Begins 10/1 (CS4)

3449GX: One Tue. & One Wed., 9 AM-4 PM

Begins 12/4 (CS4)

3449GY: One Thu. & One Fri., 9 AM-4 PM

Begins 1/10 (CS4)

Adobe Illustrator CS4

Adobe Illustrator CS4 is the industry-standard illustration program for print, multimedia and online graphics; perfect for illustrators, silk screeners, and graphic designers of all skill levels. Subjects covered include: selection tools, creating shapes, live trace, drawing with the pen tool, live paint, working with type, and more. Incorporate your skills into everyday applications by creating a logo, a banner and a Flash animation project from start to finish on the second day of class.

Previous knowledge or experience:

Understanding of basics of Windows
\$439 Non-Member \$419 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3450FA: One Mon. & One Tue., 9 AM-4 PM

Begins 9/10 (CS4)

3450FC: One Thu. & One Fri., 9 AM-4 PM

Begins 1/3 (CS4)

Adobe InDesign CS4

Adobe InDesign CS4 is a powerful page layout program that allows beginners as well as professionals to create brochures, business cards, annual reports, posters, books, newsletters and more. Subjects covered include: importing and resizing logos and graphics, creating PDFs to email and print, color and file formats, type formatting, and setting up time-saving style sheets. On the second day of class, create a print-ready brochure from start to finish to help you understand how InDesign is used in the workplace. **Previous knowledge or experience:** Understanding of basics of

Windows

\$439 Non-Member \$419 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3451CB: One Wed. & One Thu., 9 AM-4 PM

Begins 9/5 (CS4)

3451CC: One Tue. & One Wed., 9 AM-4 PM

Begins 10/9 (CS4)

3451CD: One Thu. & One Fri., 9 AM-4 PM

Begins 12/6 (CS4)

3451CE: One Mon. & One Tue., 9 AM-4 PM

Begins 1/14 (CS4)

Adobe Graphic Design Intensive Using CS4

A multi-program design experience, our Creative Suite Intensive takes you step-by-step through the process of creating a brochure. Combine the creativity of InDesign CS4 for layout, the

incomparable Photoshop CS4 image editing for images, and the impressive Illustrator CS4 for logos and line art. Learn how to import and format type, manipulate and retouch images, and create an original logo design in just 2 days.

Previous knowledge or experience:

Understanding of basics of Windows
\$539 Non-Member \$519 Member

Tuition includes training materials

COMPUSKILLS @ CFU LOWRY: Near 1st & Quebec

3456AW: One Sat. & One Sun., 9 AM-4 PM

Begins 10/6 (CS4)

3456AX: One Sat. & One Sun., 9 AM-4 PM

Begins 12/8 (CS4)



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Online Business and Computer Classes with 24X7

CFU partners with 24X7Student Educational Institution to bring you these and other high quality online courses in a variety of areas. Study in your jammies! Go to freeu.com and follow the link for online classes to see the wide variety and read complete course description. You must have Windows with Internet Explorer to take these classes; they are not Mac compatible.

Technical General & Web Development

\$164 Non-Member \$149 Member

W7258D: AJAX

W7257E: PHP and MySQL

W7259D: Running an Online Business

W7253D: SQL for the Windows Environment

Desktop Computing

\$114 Non-Member \$99 Member

W7240A: Access 2003 to 2010 Upgrade

W7241A: Excel 2003 to 2010 Upgrade

W7242A: Word 2003 to 2010 Upgrade

W7243A: Access 2010

W7244A: Office 2010

W7245A: Outlook 2010

W7208E: SharePoint 2010

Home & Small Business, Business Skills

\$71 Non-Member \$59 Member

W7202F: Budgeting and Saving

W7205D: Estate Planning

W7204F: Home Business

W7200G: Basics of Business Math

W7230H: Grammar

W7203D: Instructional Design

W7231G: Time Management for Maximum Productivity

SPACE AGE
Federal Credit Union

Did You Know?

When you sign up for a class at Colorado Free University, you are eligible for membership at Space Age Federal Credit Union.

To sign up today, visit
www.spaceagefcu.org/cfu

The Colorado Free University Spanish Center offers a variety of classes to suit your interests as well as your busy schedule. Our class sizes are small to provide plenty of student and teacher interaction. Please see course descriptions about content, level, dates, and fees. If you are still unsure which class to take, visit our website at freeu.com or call 303-785-2330 for assistance.

Call CFU at 303-399-0093 to register!

Spanish Center Features

On-Site Spanish

Acquire the language skills your organization seeks with a Spanish class held at your location, at a time that fits your schedule! Our lessons and course material can be modified to fit the needs of your group. Experienced instructors who specialize in adult learning teach our classes. Contact the Spanish Center today to get started: 303-785-2330.

Spanish Classport

CFU members save \$200 with the Spanish Center "six pack!" Receive six electronic tickets to use for Spanish classes in a 12-month period. Classport is a great way to set your own pace and study in-depth, economically and can be used for Immersion Weekends. Not sure if you want to commit to Spanish Classport? If you register for any five-week class and purchase the Classport before the class ends, we will credit the tuition of that class towards your Classport. **Just \$440, includes materials!** (+\$25/Membership)

Online Spanish

CFU has partnered to offer online Spanish courses. Tailored to the professional, these courses teach industry-specific vocabulary and phrases for the medical field, law-enforcement, education and more! Visit freeu.com and click on Spanish Center for details. Try the free demo!



**Spanish Instructor
Diego Cerón**



Spanish Immersion Weekend

You're invited to participate in a weekend full of stimulating Spanish conversation and activities! Engage in challenging, but fun activities for different levels, designed to increase your confidence to speak Spanish in a variety of situations. There will also be a variety of specialized classes and cultural activities.

\$139 Non-Member \$125 Member
\$5 Materials fee

Prerequisite: Check CFU Spanish website
CFU LOWRY: Near 1st & Quebec

Beginner

L7000G: Sat. & Sun., 9-4:30 PM 10/6

Lower Intermediate

L7001G: Sat. & Sun., 9-4:30 PM 10/6

Upper Intermediate

L7003G: Sat. & Sun., 9-4:30 PM 10/6

Winter Intensive Courses

For those committed to learning Spanish as efficiently as possible, we have created a quick, affordable way to accelerate your acquisition of Spanish with our intensive winter program. With half of the time spent on grammar and half on conversation you can advance to the next level in two weeks of daily classes. Each week you will work with a different instructor, so there will be a variety of activities and materials.

Spanish 1-2

\$289 Non-Member \$275 Member

CFU LOWRY: Near 1st & Quebec

L7013A: Two Weeks Mon.-Fri, 9 AM-12:15 PM
Begins 12/3

Spanish 5-6

\$289 Non-Member \$275 Member

CFU LOWRY: Near 1st & Quebec

L7014A: Two Weeks Mon.-Fri., 9 AM-12:15 PM
Begins 12/3

Spanish for Travelers

Excellent class for the student with no prior Spanish experience. Learn useful phrases, not grammar so you can decipher menus, order food, purchase transportation tickets, ask for directions, and more. This class can be taken alone or as a simultaneous complement to Spanish 1 or 2.

\$114 Non-Member \$99 Member
\$10 for book

CFU LOWRY: Near 1st & Quebec

L8143HR: Five Thu., 5:30-6:55 PM Begins 9/20

L8143HS: Five Tue., 7:35-9 PM Begins 10/30

L8143HT: Five Wed., 7:35-9 PM Begins 1/16

Medical Spanish 1

Perfect if you have never studied Spanish or if you have had just a little. Learn grammar basics along with medical terminology including anatomy, symptoms and asking about a patient's history.

\$114 Non-Member \$99 Member
\$10 for book

CFU LOWRY: Near 1st & Quebec

L8063KM: Five Mon., 7:05-8:30 PM Begins 9/17

L8063KN: Five Wed., 5:30-6:55 PM Begins 10/24

L8063KO: Five Tue., 6-7:25 PM Begins 1/22

Spanish for Teachers

This course will help K-12 teachers and administrators communicate more effectively with their students and their student's families. Improve your vocabulary and conversational skills by simulating parent-teacher conferences, back to school night and classroom activities. Learn Spanish as you draw on your experience as an educator!

114 Non-member \$99 Member
\$10 for book

Prerequisite: CFU Spanish 2 or similar

CFU LOWRY: Near 1st & Quebec

L8154L: Five Tue., 7:05-8:30 PM Begins 9/18

L8154M: Five Thu., 7:35-9 PM Begins 11/1;
Skips 11/22

L8154N: Five Mon., 7:05-8:30 PM Begins 1/21

Accelerated Program

Spanish Accelerated 1 Reviews Book 1

This course covers the grammar from Book 1 in five weeks. It is recommended for students who would like a review of Spanish 1 & 2 or for those who already speak a romance language and can learn at a quick pace. If you have studied Spanish in the recent past, and need a quick refresher of *ser*, *estar* and verbs in the present tense, this is the course for you!

\$114 Non-Member \$99 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

Evenings

L81251H: Five Wed., 6-7:25 PM Begins 9/12
L81251K: Five Tue., 7:05-8:30 PM Begins 10/23
L81251L: Five Mon., 6-7:25 PM Begins 11/19
L81251M: Five Thu., 7:35-9 PM Begins 1/10
L81251O: Five Wed., 6-7:25 PM Begins 1/30

Days

L81251G: Five Wed., 11:05-12:30 PM Begins 08/29
L81251J: Five Thu., 1-2:25 PM Begins 9/27
L81251U: Five Mon., 9:30-10:55 AM Begins 10/22
L81251N: Five Tue., 1-2:25 PM Begins 1/15

Spanish Accelerated 2 Reviews Book 2

Quick pace review of grammar from Spanish 3 & 4. This is a great class if you are comfortably speaking in the present tense and are ready to review reflexive verbs, the present perfect tense, and indirect object pronouns and more!

\$114 Non-Member \$99 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

L8133AAC: Five Wed., 6-7:25 PM Begins 10/17
L8133AAD: Five Tue., 7:05-8:30 PM Begins 1/15

Spanish Accelerated 3 Reviews Book 3

Quick pace review of grammar from Spanish 5 & 6. This is a great course if you have studied the preterit tense before but need a review. The course will also cover the uses of *por* and *para*, command forms and direct object pronouns and more!

\$114 Non-Member \$99 Member
\$20 for book and CD

CFU LOWRY: Near 1st & Quebec

L8136NU: Five Thu., 6-7:25 PM Begins 9/20
L8136NV: Five Mon., 7:05-8:30 PM Begins 10/22
L8136NW: Five Wed., 7:05-8:30 PM Begins 1/9

Level 1

Spanish 1 Book 1, Part 1

This is a great place to start if you have never studied Spanish. Start at the very beginning and learn greetings, the alphabet and pronunciation, adjectives, *ser* and *estar*, numbers, and more! You'll gain lots of new vocabulary, begin speaking in the present tense and have a strong base at the end of this class!

\$114 Non-Member \$99 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

Evenings

L8131BTX: Five Mon., 6-7:25 PM Begins 9/10
L8131BUA: Five Wed., 7:05-8:30 PM Begins 9/19
L8131BUB: Five Tue., 5:30-6:55 PM Begins 9/25
L8131BUC: Five Mon., 7:35-9 PM Begins 10/15
L8131BUD: Five Wed., 7:35-9 PM Begins 10/17
L8131BUE: Five Thu., 5:30-6:55 PM Begins 10/25;
Skips 11/22

L8131BUH: Five Wed., 6-7:25 PM Begins 11/21
L8131BUI: Three Tue. & Two Thur., 7:35-9 PM
Begins 12/4 & Ends 12/18

L8131BUJ: Five Tue., 5:30-6:55 PM Begins 1/8
L8131BUK: Five Mon., 7:35-9 PM Begins 1/14
L8131BUN: Five Thu., 6-7:25 PM Begins 1/24
L8131BUO: Five Wed., 7:35-9 PM Begins 1/30

Days

L8131BTY: Five Sat., 9:30-10:55 AM Begins 9/15
L8131BTZ: Five Mon., 11:05-12:30 PM Begins 9/17
L8131BUE: Five Sat., 11:05-12:30 AM Begins 10/20
L8131BUG: Five Wed., 9:30-10:55 AM Begins 11/7
L8131BUL: Five Sat., 11:05-12:30 PM Begins 1/19
L8131BUM: Five Mon., 11:05-12:30 PM Begins 1/21

Spanish Conversation 1

Conversation 1 is a fun, interactive class designed to reinforce what you have learned in our Spanish 1 & 2 or Accelerated 1 classes. Students should have a good grasp of *ser* and *estar* and present tense verb endings.

\$114 Non-Member \$99 Member
\$20 for book and CD

CFU LOWRY: Near 1st & Quebec

Evenings

L8140AFM: Five Mon., 7:35-9 PM Begins 9/10
L8140AFN: Five Thu., 6-7:25 PM Begins 9/27
L8140AFP: Five Wed., 7:35-9 PM Begins 10/17
L8140AFR: Five Mon., 6-7:25 PM Begins 11/19
L8140AFS: Three Tue. & Two Thu., 6-7:25 PM
Begins 12/4 & Ends 12/18
L8140AFV: Five Tue., 7:35-9 PM Begins 1/22

Days

L8140AFO: Five Wed., 9:30-10:55 AM Begins 10/3
L8140AFQ: Five Tue., 11:05-12:30 AM Begins 10/30
L8140AFT: Five Mon., 9:30-10:55 AM Begins 1/21

Spanish 2 Book 1, Part 2

This class continues where you left off in Spanish 1. Continue building your vocabulary while learning regular and irregular verbs in the present tense, how to tell time, how to speak about the future and more!

\$114 Non-Member \$99 Member
\$20 for book and tape or CD (if not purchased for Spanish 1)

CFU LOWRY: Near 1st & Quebec

Evenings

L8132BIL: Five Mon., 6-7:25 PM Begins 9/10
L8132BIO: Five Wed., 7:35-9 PM Begins 9/12
L8132BIP: Five Tue., 5:30-6:55 PM Begins 9/18
L8132BIR: Five Thu., 7:35-9 PM Begins 9/27
L8132BIS: Five Mon., 6-7:25 PM Begins 10/15
L8132BIV: Five Wed., 7:05-8:30 PM Begins 10/24
L8132BIW: Five Tue., 5:30-6:55 PM Begins 10/30
L8132BIX: Five Mon., 7:35-9 PM Begins 11/19
L8132BIY: Five Wed., 7:35-9 PM Begins 11/21
L8132BJA: Five Thu., 5:30-6:55 PM Begins 1/17

Days

L8132BIK: Five Wed., 9:30-10:55 AM Begins 08/29
L8132BIM: Five Sat., 11:05-12:30 PM Begins 9/15
L8132BIN: Five Mon., 9:30-10:55 AM Begins 9/17
L8132BIQ: Five Tue., 1-2:25 PM Begins 9/25
L8132BIT: Five Sat., 9:30-10:55 AM Begins 10/20
L8132BIU: Five Mon., 11:05-12:30 PM Begins 10/22
L8132BIJ: Five Wed., 11:05-12:30 AM Begins 1/9
L8132BIJ: Five Sat., 9:30-10:55 AM Begins 1/19

Days

L8132BIK: Five Wed., 9:30-10:55 AM Begins 08/29
L8132BIM: Five Sat., 11:05-12:30 PM Begins 9/15
L8132BIN: Five Mon., 9:30-10:55 AM Begins 9/17
L8132BIQ: Five Tue., 1-2:25 PM Begins 9/25
L8132BIT: Five Sat., 9:30-10:55 AM Begins 10/20
L8132BIU: Five Mon., 11:05-12:30 PM Begins 10/22
L8132BIJ: Five Wed., 11:05-12:30 AM Begins 1/9
L8132BIJ: Five Sat., 9:30-10:55 AM Begins 1/19

Twice-A-Week Spanish 1 & 2

We now offer our most popular Spanish classes twice a week so you'll get twice as much in a five-week session.

\$224 Non-Member \$198 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

Evenings

L8144FA: Five Mon. & Wed., 7:35-9 PM
Begins 9/10
L8144FD: Six Tue. & Four Thu., 6-7:25 PM
Begins 10/30; Skips 11/22
L8144FE: Five Mon. & Wed., 7:35-9 PM
Begins 11/19
L8144FF: Five Mon. & Wed., 6-7:25 PM
Begins 1/14

Days

L8144FB: Five Tue. & Thu., 11:05-12:30 PM
Begins 9/25
L8144FC: Six Tue. & Four Thu., 1-2:25 PM
Begins 10/30; Skips 11/22
L8144FG: Five Tue. & Thur., 11:05-12:30 AM
Begins 1/15

Level 2

Spanish 3
Book 2, Part 1

Learn lots of fun and useful phrases at an easy pace. Cover idiomatic expressions with the verb *tener*, reflexive verbs in the present tense, the present progressive tense, and asking for directions.

\$114 Non-Member \$99 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

Evenings

L8121XO: Five Thu., 7:35-9 PM Begins 9/20
L8121XQ: Five Mon., 7:35-9 PM Begins 10/15
L8121XR: Five Tue., 5:30-6:55 PM Begins 10/23
L8121XT: Five Wed., 6-7:25 PM Begins 11/21
L8121XV: Five Mon., 6-7:25 PM Begins 1/14
L8121XW: Five Thu., 7:35-9 PM Begins 1/24

Days

L8121XP: Five Wed., 11:05-12:30 PM Begins 10/3
L8121XS: Five Thu., 11:05-12:30 PM Begins 11/1;
Skips 11/22
L8121XU: Five Wed., 9:30-10:55 AM Begins 1/9

Spanish 4
Book 2, Part 2

This class finishes Book 2 at an easy to assimilate pace! Learn the present perfect tense, indirect object pronouns and possessive pronouns. Expand your social conversational abilities by learning new uses of adjectives and using verbs like *gustar*. After this class you'll be well on your way to strong communication skills in Spanish!

\$114 Non-Member \$99 Member
\$20 for book and tape or CD (if not purchased for Spanish 3)

CFU LOWRY: Near 1st & Quebec

Evenings

L8122RA: Five Wed., 5:30-6:55 PM Begins 9/19
L8122RB: Five Thu., 7:35-9 PM Begins 10/25;
Skips 11/22

L8122RD: Five Tue., 5:30-6:55 PM Begins 1/15

Days

L8122RC: Five Wed., 11:05-12:30 PM Begins 11/7
L8122RE: Five Thu., 1-2:25 PM Begins 1/17

Spanish Conversation 2

Conversation 2 is a perfect follow-up after taking either Spanish 3 & 4 or Accelerated 2. Read and discuss a series of fun cultural conversations. Engage in spontaneous conversation topics, role-playing, and lots more. Learn new vocabulary while practicing the use of reflexive verbs, the present perfect, and indirect object pronouns. Students should be easily speaking in the present tense.

\$114 Non-Member \$99 Member
\$10 for book

CFU LOWRY: Near 1st & Quebec

L8141LN: Five Tue., 7:05-8:30 PM Begins 9/25
L8141LO: Five Thu., 6-7:25 PM Begins 10/25;
Skips 11/22

L8141LP: Five Mon., 5:30-6:55 PM Begins 1/21

Level 3

Spanish 5
Book 3, Part 1

Study the preterit tense and begin to speak about events that occurred in the past. Continue to broaden your vocabulary, read and discuss short conversations and learn about *por* and *para*, direct object pronouns, and command forms.

\$114 Non-Member \$99 Member
\$20 for book and tape or CD

CFU LOWRY: Near 1st & Quebec

L8126FH: Five Mon., 5:30-6:55 PM Begins 9/17
L8126FI: Five Tue., 7:05-8:30 PM Begins 10/30
L8126FJ: Five Thu., 6-7:25 PM Begins 1/10

Spanish 6
Book 3, Part 2

Spanish 6 continues with the preterit tense and commands focusing on the irregular forms. Learn how use time expressions about events in the past, demonstrative pronouns, more *ser* and *estar*, and some problematic words. You will also read and discuss short conversations.

\$114 Non-Member \$99 Member
\$20 for book and tape or CD (if not purchased for Spanish 5)

CFU LOWRY: Near 1st & Quebec

L8128EL: Five Wed., 6-7:25 PM Begins 9/12
L8128EM: Five Mon., 5:30-6:55 PM Begins 10/22
L8128EN: Five Tue., 7:05-8:30 PM Begins 1/8

Conversation 3

Conversation 3 will reinforce concepts from Book 3. Broaden your vocabulary and strengthen your conversational use of the past tense. Engage with your teacher and classmates in cultural discussions, travel topics and more! Students should be familiar with the preterit tense.

\$114 Non-Member \$99 Member

CFU LOWRY: Near 1st & Quebec

L8142DB: Five Wed., 6-7:25 PM Begins 10/17
L8142DC: Five Mon., 7:35-9 PM Begins 1/14

Level 4

Spanish 7
Book 4, Part 1

Learn when to use the preterit tense and when to use the imperfect tense, how to express probability and much more. Each lesson contains a dialogue with examples of the grammar along with conversation topics.

\$114 Non-Member \$99 Member
\$10 for book

CFU LOWRY: Near 1st & Quebec

L8134HE: Five Thu., 7:05-8:30 PM Begins 9/20
L8134HF: Five Mon., 6-7:25 PM Begins 10/15
L8134HG: Five Wed., 5:30-6:55 PM Begins 1/9

Spanish 8
Book 4, Part 2

Study the subjunctive in detail! Learn the present and imperfect tenses of the subjunctive mode and how to express wishes, doubts, hypothetical situations, uncompleted actions, impersonal expressions and much more!

\$114 Non-Member \$99 Member
\$10 for book (if not purchased for Spanish 7)

CFU LOWRY: Near 1st & Quebec

L8150BN: Five Tue., 7:35-9 PM Begins 9/25
L8150BO: Five Thu., 7:05-8:30 PM Begins 10/25;
Skips 11/22

L8150BP: Five Wed., 5:30-6:55 PM Begins 2/13



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Conversation 4

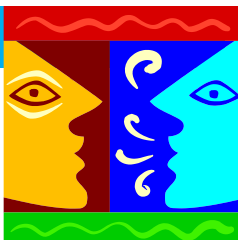
Perfect for those who have taken our Spanish 7 and 8 classes or who have studied extensively here or abroad. Discuss current events, newspaper articles, read short stories, and more!

\$114 Non-Member \$99 Member

CFU LOWRY: Near 1st & Quebec

L8164AF: Five Tue., 6-7:25 PM Begins 9/25
L8164AG: Five Thu., 7:05-8:30 PM Begins 1/17

Language



American Sign Language

Acquire American Sign Language (ASL) the same way you learned to speak, using simple words and phrases. Learn basic vocabulary, finger spelling, and simple phrases. Come away with a solid foundation in signing and basic communication skills.

John Elstad, a native signer, has taught and interpreted professionally for more than fifteen years.

\$82 Non-Member \$70 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8012DD: Four Mon., 6:30-8:30 PM Begins 10/8

8012DE: Four Mon., 6:30-8:30 PM Begins 11/5;
Skips 11/12

8012DF: Four Mon., 6:30-8:30 PM Begins 1/7;
Skips 1/21

Guttural, Schmuttural!

German Lite for Fun

Ease into conversational German, starting with greetings, names, and basic sentences for pronunciation, then move on to family-weather-foods. Pair up for guided chats, learn some folk songs and a bit of culture, discuss useful websites, and sprinkle in grammar as needed. **Frank Sitchler**, M.A. in German, has taught grades three through college.

\$96 Non-Member \$84 Member

\$6 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8051EU9: Five Mon., 6:30-8 PM Begins 08/27;
Skips 9/3

8051EV: Five Mon., 6:30-8 PM Begins 1/7

Continuing German

Wir Sprechen Deutsch

Continue your study of this wonderful language. Enrollees must know some German, from CFU's German Lite or from previous schooling. We spend much time practicing dialogs based on the online BBC German Steps. Learn folk songs, do a little map work, and learn public signs. Mostly, WIR SPRECHEN DEUTSCH! **Frank Sitchler**.

\$96 Non-Member \$84 Member

\$6 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8050I: Five Mon., 6:30-8 PM Begins 10/22

Russian for Beginners

This very practical introduction to basic Russian teaches beginners how to survive and linguistically prosper in Russia and provides a good foundation for further language study. **Olga Kraievaia-Munz** is a native of Siberia.

\$86 Non-Member \$74 Member

\$12 materials fee payable in class

BOULDER: Table Mesa & Broadway

8053FN: Four Tue., 7-8:30 PM Begins 9/25

Conversational French I

Get ready for France! Use your newly acquired basic French to communicate meaningfully and get a solid background on grammar without tedious memorization. Discover the joy of learning through the use of games, role-playing and a lot of interaction. Brush up on your rusty knowledge of French or start from zero and acquire basic communication skills in just five weeks. Get tips to learn how to accelerate learning and get help planning your trip to France. A workbook is available for your review of all materials covered in class. **Catherine Bedard**, a native of the Aquitaine region of France, holds an M.A. in Applied Linguistics from Paris VII University. She teaches for DPS and on Channel 22 in Denver. **Lisa Haughom**, is a French native instructor and owner of Language for Kids and has been teaching with Catherine for more than 20 years.

\$96 Non-Member \$84 Member

\$12 materials fee payable in class

CENTRAL DENVER: Ellsworth & Lincoln

8052FY: Five Tue., 7-8:30 PM Begins 9/11

8052GA: Five Tue., 7-8:30 PM Begins 10/16

8052GB: Five Tue., 7-8:30 PM Begins 1/8

Italian

Learn to speak Italian easily and quickly. Study the fundamental structures of the language, with emphasis on use of articles, adjectives, prepositions, and present tenses. Learn to conjugate verbs, pronouns, definite and indefinite articles, vocabulary, sentence structure, and dialogue. Basic conversation and easy readings will introduce students to Italian lifestyle and culture. Explore the food, people, traditions, and regions of Italy while you learn the language. Classes marked "travel" are designed specifically for students preparing for a trip and corresponding materials fee is listed below. Taught by the staff at the Italian Institute founded by **Maria Chiacchio**, a native Italian speaker from the Lombardia region.

\$102 Non-Member \$90 Member

\$25 (travel) or \$45 (all other classes) materials fee payable in class

CENTRAL DENVER: Colorado & Alameda

8366DJ: Four Tue., 6:30-8:20 PM Begins 9/4

8366DK: Four Mon., 6:30-8:20 PM Begins 9/10 (travel)

8366DL: Three Sat., 9-11:30 AM Begins 9/15 (travel)

8366DM: Four Thu., 6-7:50 PM Begins 10/4 (travel)

8366DN: Four Mon., 6-7:50 PM Begins 10/8

8366DO: Three Thu., 6-8:30 PM Begins 11/1

8366DP: Four Tue., 6-7:50 PM Begins 11/6 (travel)

8366DQ: Three Tue., 6-8:30 PM Begins 12/4 (travel)

Beginning Japanese

Learn the Japanese language and culture from a native speaker. **Ayako Sato** has been teaching and tutoring Japanese for nine years. Having learned English as an adult, Ayako understands the process of learning a new language. Learn the basics of the Japanese alphabet, such as Hiragana and Katakana, and move on to vocabulary and sentence structure. Students should purchase *Japanese in 10 minutes a Day*, Bilingual Books, Inc. (March 15, 2008). ISBN-13: 978-1931873079

\$110 Non-Member \$98 Member

Student buys book

CFU LOWRY: Near 1st & Quebec

8064AO: Six Tue., 6-7:30 PM Begins 08/28

8064AP: Six Tue., 6-7:30 PM Begins 10/16

8064AQ: Six Tue., 6-7:30 PM Begins 12/4;

Skips 12/25, 1/1

Continuing Japanese

Take your Japanese study to the next level. You've mastered basic skills in Hiragana, Katakana, Kanji, and simple questions, now find out how to begin conversing in this fascinating language. **Ayako Sato** has been teaching and tutoring students in Japanese for more than eight years.

Students should purchase *Japanese for Busy People* published by Kodansha International, 3rd Edition (Dec. 1, 2006) ISBN-13: 978-4770030085(Romanized Version) or ISBN-13: 978-4770030092(Kana Version).

\$110 Non-Member \$98 Member

Students purchase book

CFU LOWRY: Near 1st & Quebec

8065R: Six Thu., 6-7:30 PM Begins 9/6

8065S: Six Thu., 6-7:30 PM Begins 10/18; Skips 11/22

8065T: Six Thu., 6-7:30 PM Begins 12/6; Skips 12/27

Chinese for Travel and Business

In this beginning class, you will speak Mandarin Chinese words from the start and then progress to asking or answering questions using whole sentences. Lessons involve listening, speaking, thinking, visual images, movements, and a variety of games. Some attention will also be given to Chinese characters so that students can begin to decipher written Chinese words.

Yunn Pann, a native speaker, has taught conversational Mandarin at foreign language institutes around the country as well as in secondary and elementary schools.

\$110 Non-Member \$98 Member

\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8054CA: Four Sun., 3:30-6 PM Begins 9/9

8054CB: Four Sun., 3:30-6 PM Begins 10/7

8054CC: Four Sun., 3:30-6 PM Begins 12/2

Make Another Country Your Second Home

Are you ready to break out of your routine and live more? This might be the right time to reinvent yourself in another country! Learn about the opportunities and challenges of living in some of the most alluring countries of Central and South America, Europe, Asia, and Australia for your second home. Find out in which countries you can lower your cost of living, save on taxes if you start a business, invest in profitable real estate, or stretch your retirement dollar. Discover how to establish what's important for you when choosing where to live overseas. Learn about the visa requirements to live overseas as an American citizen, options for gaining long-term residency, and even the advantages of having dual nationality and a second passport, and if you may qualify. **Tomas Belcik**, a successful importer, tour operator, and native of Prague, has traveled extensively through 130+ countries. His background in travel and international business make him the supreme expert about the countries across the world that are suitable for relocation or creating a second home.

\$113 Non-Member \$99 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8625AM: One Sat., 10 AM-3 PM 10/6

8625AN: One Sat., 10 AM-3 PM 1/19

Organize Group Travel for Fun and Profit

Can you imagine traveling the world in style and doing it for free? Group travel is the fastest growing segment of the travel industry and will be for the next two decades. Regardless of your age, if you have a strong desire to travel and are a "people person," you can start your own group travel business. In this class, you will learn how to get started, how to find people for your groups and how to get connected with travel suppliers around the world. For over 30 years, **Carl Meadows**, along with his wife Anne, have owned and operated ETC Services, Inc.; a group travel company. Carl is a published author, travel writer, and travel trade conference speaker, and also has an online travel business course.

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

3165CI: One Wed., 6-8:30 PM 9/12

3165CJ: One Wed., 6-8:30 PM 10/17

3165CK: One Wed., 6-8:30 PM 11/14

3165CL: One Wed., 6-8:30 PM 12/12

3165CM: One Wed., 6-8:30 PM 1/23

Mary Schreiner

is "very enthusiastic with lots of experience" — S.

Home Exchange Should You Dare?

How would you like to spend a month in an apartment in London, or in a condo on the beach in California—for free? Many people enjoy this luxury every year by trading their homes. Do you dare try it yourself? Learn how to arrange a simultaneous or delayed exchange, how to prepare your home, and whether and how to exchange your car. Discover helpful international networks and organizations, and much more, so you can travel as a native instead of a tourist.

Mary Schreiner has had 26 successful and exciting exchanges overseas and at home.

\$41/singles \$78/couples Non-Member

\$29/singles \$55/couples Member

CFU LOWRY: Near 1st & Quebec

8728Y: One Sat., 1-3 PM 10/6

8728AA: One Wed., 6-8 PM 11/28

8728AB: One Sat., 1-3 PM 1/19

Volunteer Vacations Traveling on Purpose

Volunteer vacations can help you explore the USA and put you in touch with diverse cultures around the world as you work on human and economic development projects. Learn about various volunteer organizations, the specifics of choosing a volunteer site, service program fees (most are tax deductible), what to expect from your experience, and much more. This class is perfect for individuals and groups who love to travel and serve others. Regardless of how long you go for, be it weeks or months, volunteer travel can be transforming and a means to achieve personal growth.

Instructor **Jane Stanfield** has an immense love of travel and volunteering. Her travels have taken her to six continents, 11 countries, 12 volunteer placements (204 days to be exact) and fantastic vacations to UNESCO World Heritage sites such as Easter Island and Angkor Wat.

\$46 Non-Member \$34 Member

\$7 materials fee payable in class

\$21.50 optional materials fees payable in class.

CFU LOWRY: Near 1st & Quebec

8723CA: One Sat., 9:30 AM-12 PM 12/8



Discover New Zealand

New Zealand is the perfect destination for those independent travelers who look for something magical around every turn. From the Bay of Islands to Stewart Island, from traveling by car to traveling by train, from the Classic New Zealand Wine Trail to little known hiking trails, learn how to customize your trip based on your budget, time, and interests. **Pamela Kniss** of Discover Downunder has traveled extensively in New Zealand and has been helping travelers plan itineraries to New Zealand for 20 years.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec

1938U: One Tue., 6-8:30 PM 9/25

1938V: One Thu., 6-8:30 PM 11/29

Discover Downunder A Pro's Guide to Travel in Australia

Vacationing in Australia is a dream for many. When you go, you want to be sure you'll have the trip of your dreams. **Pamela Kniss**, of Discover Downunder shares information that cannot be easily accessed online or gleaned from a travel guide. Pamela has traveled to Australia for the past 20 years and will give you information on little known places and adventures you won't get elsewhere.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec

8741U: One Tue., 6-8:30 PM 10/23

8741V: One Wed., 6-8:30 PM 1/23

Fly Cheap, Stay Cheap, Travel Cheap

Learn the secrets of traveling in grand style on a limited budget. Discover how to obtain great deals on fares, accommodations, cruises, entertainment, and creative lodging ideas, all for a fraction of the usual cost. During class, learn airline tips and secrets that can save you a bundle, zero dollar (\$0) airline pricing "glitches," how to fly within Europe for only \$99, ways to cruise exotic ports for weeks at the same price as a typical 7-day cruise, where to find Broadway tickets for half price, and how to stay in a country home or castle for free-anywhere in the world. **Ron Stern** is a travel columnist, author and photographer. Materials fee includes his companion book, *Fly Cheap, Stay Cheap, Travel Cheap*, that offers an additional 100 sites beyond those covered in class.

\$46 Non-Member \$34 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8820CV: One Sat., 9-11 AM 9/8

8820CW: One Sun., 9-11 AM 10/7

8820CX: One Sat., 9-11 AM 11/3

8820CY: One Sat., 9-11 AM 1/5

So You Want to Work Overseas? Practical Strategies for Living Your Dream

There are a myriad of ways you can live and work around the world. It might be that you have skills that are needed in companies abroad and can translate those into a job. Or, you might want to find out what opportunities are out there and take advantage of those to see the world. **Laura Lewandowski** has traveled the world and has worked in Poland, Russia, and Germany as well as interviewed numerous Americans currently working overseas. She will share a wealth of information about working abroad, from teaching English, to work exchange programs, to becoming a dive master, to getting your room and board paid while you harvest vegetables.

\$51 Non-Member \$39 Member
\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
3140AQ: One Wed., 6-9 PM 9/5
3140AR: One Wed., 6-9 PM 11/14
3140AS: One Mon., 6-9 PM 1/14

Careers in World Travel Become a Tour Guide or Tour Director

A good tour guide or tour director makes the job look so effortless and fun—and it certainly can be! If you have good people skills and love to travel, join this informative seminar and learn what it's like to work as a tour guide or tour director, including working on a cruise ship. Jobs are available full or part time and are suitable for people of many different ages. Learn the difference between a tour guide and a tour director, a typical day-in-the-life, the income potential and benefits, and what hiring companies look for. You will leave knowing if this would be a good career for you in this exciting field. **Frank Slater**, Ph.D. has 20 years of experience as a tour director and tour guide, having worked in over 50 countries, on 6 continents, and on cruise ships. He is CEO of the International Guide Academy, a published author, industry consultant and teaches along with IGA president, **Daniel Slater**. Both Frank and Daniel are certified International Tour Directors and certified Tour Guides and both have earned the prestigious title of Certified Tour Manager designation from the University of Breda, the Netherlands.

\$36 Non-Member \$24 Member

CFU LOWRY: Near 1st & Quebec
8812R: One Wed., 6:30-8 PM 9/26
8812S: One Sat., 9:30-11 AM 11/17
8812T: One Sat., 9:30-11 AM 12/15
8812U: One Sat., 9:30-11 AM 1/12



Exploring Mediation as a Career

Do you like to work with people, solve problems, and contribute to your community? Perhaps a career in conflict resolution is for you! Come get answers to questions like: How can I make a living in mediation? How do I get started? **Jo-Marie Lisa** is a professional mediator and consultant. She teaches at the University of Denver and Regis University in the ADR certificate program.

\$46 Non-Member \$34 Member
CFU LOWRY: Near 1st & Quebec
3343ET: One Sat., 9:30 AM-12 PM 9/15
3343EU: One Sat., 9:30 AM-12 PM 1/19

Become a Mediator Comprehensive Training

Learn the mediation process, get an introduction to the Colorado court system, discuss approaches to problem solving, study interest-based negotiation, and learn about professional standards of conduct for mediators. This workshop meets the basic training guidelines recommended by the Colorado Council of Mediators and the Mediation Association of Colorado; students who successfully complete it will be granted a certificate of training completion.

Seminar I: Introduction to conflict and its sources, Alternative Dispute Resolution (ADR) and mediation.

Seminar II: Introduction to the facilitative mediation process and the mediator's role; begin role-playing.

Seminar III: Introduction to communication and facilitation skills in mediation, co-mediation and caucus.

Seminar IV: Discussion of mediation and negotiations, managing intense emotions, breaking impasse; continue role-playing.

Seminar V: Discussion of mediator ethics, the Colorado judicial system, and mediation as a career. **Jo-Marie Lisa** is a professional mediator and teaches mediation for Regis University. This five-session course includes a student manual. Note: CLE credits are available for attorneys.

\$1011 Non-Member \$995 Member
\$50 materials fee payable with registration

CFU LOWRY: Near 1st & Quebec
3356BA: Five Sat., 8:30 AM-4:30 PM Begins 10/6

Online E-learning Healthcare Courses!

CFU partners with Health Ed Today† to offer high-quality online training programs in health care subjects. These courses are highly interactive and provide students with an enriched learning experience.

All courses include:

- 24 hour a day instructor support & course mentors
- Engaging labs, student exercises and course videos\
- All textbooks, workbooks and student materials
- A new "Career Services" website – to help students advance in their career

The following courses are available to you anytime:

Pharmacy Technician: Tuition \$1,299

EKG Technician: Tuition \$1,299

Medical Billing & Coding: Tuition \$1,399

Medical Coding ICD-10 Update: Tuition \$999

Medical Administrative Assistant: Tuition \$1,299

Phlebotomy Technician: Tuition \$1,299

Dialysis Technician: Tuition \$1,299

Dental Assisting: Tuition \$1,299

Medical Terminology: Tuition \$499

ECG/EKG Course for Nurses: Tuition \$699

Visit us online at www.healthtoday.com/freeu to experience a course demo and to learn more.

†The Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.

Paralegal Certification Training

Colorado Free University partners with Midwest Paralegal Studies to provide paralegal training available online. The five-course generalist and entry-level program gives a comprehensive overview of paralegal roles and responsibilities. **Zoran Perovanovich** has been training paralegals for twenty years. Visit the CFU website to learn more about this opportunity.

\$207 Non-Member \$195 Member

ONLINE COURSE

5567AB9: Seven Weeks, Begins 9/13

5567AC: Seven Weeks, Begins 11/1

Samuel Burks

was “Excellent,...total knowledge of course matter...made me feel comfortable & totally enjoyed course.”

—S. S.

Colorado Notary Training

Becoming a notary can benefit you in your current job or become a source of additional income. Learn Colorado notary law and how to execute a proper notary transaction. Leave class ready for the certification exam and to submit your application to become (or renew) your notary commission. Work through a sample exam in class so that you know what to expect when you take your online exam. Students will be issued a certificate upon completion of the training and an additional certificate upon successfully passing the State administered exam. **Samuel Burks** has been a notary for 25 years and is a certified notary training vendor for the State of Colorado. Materials fee covers handbook and all relevant statutes.

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

\$12 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3237U: One Thu., 6-8 PM 9/13

3237V: One Fri., 2-4 PM 10/5

3237W: One Tue., 6-8 PM 11/13

3237X: One Fri., 2-4 PM 12/7

3237Y: One Thu., 6-8 PM 1/3

3237AA: One Tue., 2-4 PM 1/22

How to Get the Government Job You Want

Tips, Tricks and Benefits

There are many benefits and securities associated with working for the United States government. Get the information you need to help you understand this process and increase your chances of landing a government job. Begin with an overview of basic job-hunting techniques as they relate to government positions. Then explore how to use the Book of US Government Jobs, take civil service exams, find application forms, and approach interviewing. Learn what jobs are available, where they are, how to get one, and what the benefits may be. **Shelley Roth** has worked in the United States Congress, the City of Berkeley Mayor's Office, and for a political consulting firm in San Francisco. She has a Bachelor's degree in political science from the University of California, Berkeley, and a Master's degree from the University of California, Riverside.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec

3395BU: One Thu., 6-9 PM 9/27

3395BV: One Thu., 6-9 PM 11/15

3395BW: One Sat., 6-9 PM 1/5

NEW! Life Coaching as a Career

Life coaching can be deeply rewarding. Life Coaches motivate and inspire individuals and businesses to reach success, whether they are searching for personal fulfillment, improved relationships, health, career success, sales and management skills, or executive leadership. Life Coaching is acknowledged today as an essential part of the booming 11 billion dollar self-help industry. Explore the 6 reasons people become a life coach and the 5 qualities required for a good coach. Find out how the coaching industry operates, how you get training, and what the opportunities might be. **Cheryl Bartlett** is a graduate of the world-renowned Mastery University and Leadership Academy by Anthony Robbins where she learned from top work achievers such as General Norman Schwarzkopf, Donald Trump, Jay Abraham, and others. She has been coaching for over 13 years and is eager to share her wealth of experience with anyone considering this as a career or as a way to enhance the work they already do.

\$51 Non-Member \$39 Member

\$1 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1952A: One Wed., 6:30-8:30 PM 10/17

1952B: One Tue., 6:30-8:30 PM 11/27

1952C: One Wed., 6:30-8:30 PM 1/9

Career Search

Learn What Best Suits You

Has your job become just a paycheck? Do you want to discover your true calling? Find out where you really belong by taking a series of four tests to evaluate your interests (Strong Interest Inventory); personality (Myers-Briggs Type Indicator); abilities (Discover What You Are Best At); aptitudes, achievements, skills, talents, and temperament; and your likes, dislikes, and competencies. You will complete activities in a workbook and participate in a group discussion evaluating all of the above tests. Also included in the course, taught by long-time instructor **Carol Zeleny**, MEd, is a career search book and a short, one-on-one personal consultation with Carol. Independent study is also available for this course—please ask our registration department about session “Z” if you are interested.

\$162 Non-Member \$150 Member

\$37 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3100IH: Three Sat., 1:30-5 PM Begins 9/8

3100II: Three Thu., 6-9:30 PM Begins 11/1

3100IJ: Three Sat., 1:30-5 PM Begins 1/5

NEW! How to Write a Relevant Resume

If you are like most job seekers, building a resume is a matter of guesswork. But it doesn't have to be. Explore in depth how to create a relevant resume that will survive the HR screening process and impress the hiring manager. You will learn about intelligent resume design, industry-specific formatting and how to nail the elusive but crucial key words. Teacher, author and job search consultant **Donna Shannon** has been helping people land jobs since 2004. Her proven resume writing tools help clients across the country get more interviews and land jobs quicker. Discount copies of her book, *How to Get a Job Without Going Crazy*, will be available at the class.

\$51 Non-Member \$39 Member

\$10 materials fee payable in class

\$15 optional material fee payable in class

CFU LOWRY: Near 1st & Quebec

3107AG: One Tue., 6-9 PM 10/9

3107AH: One Sat., 1-4 PM 12/1

3107AI: One Tue., 6-9 PM 1/8

Ace the Interview

Techniques to Land the Job You Really Want

Are your interview skills as polished as they should be? Learn how to handle different interviewer's styles, the significance of non-verbal communication and how to behave in a behavioral interview. Discover the best questions to ask the employer to reveal the truth about the potential job. Practice your new interviewing skills and get helpful feedback. **Donna Shannon**.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

\$15 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3103P: One Sat., 1-5 PM 11/10

3103Q: One Sat., 1-5 PM 1/26

Get the Job

How to Build an Effective Job Search Strategy

Are you feeling stuck in your job search? Wishing you had some clear direction on where to go from here? Discover how to organize your job search based on your personal work style. Develop critical research tools to crack the hidden job market and land more interviews. **Donna Shannon**.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

\$15 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3136AM: One Sat., 1-4 PM 10/13

3136AN: One Thu., 6-9 PM 12/13

Become a Great Idea Detective!

Think that great ideas are only for artists and inventors? Not sure that your ideas are all that valuable? Consider this: the Industrial Age is over and the Information Age is being replaced by the Idea Age. Creative thinking is taking on a new importance. Becoming an Idea Detective may be the most important skill you can acquire for taking advantage of this emerging era. It also makes everyday living more fun and interesting. Explore what makes creative people creative, discover how to conduct an idea quest when you're stumped, uncover ways to evaluate and test your ideas and learn to recognize the ways that ideas are sabotaged. **Barbara Winter**, author of the best-selling *Making a Living Without a Job*, has been inspiring entrepreneurs for over two decades with her creative and practical ideas for turning small business dreams into reality. Her ingenuity and unique ability to generate great ideas have helped hundreds of people across the country realize their entrepreneurial dreams. Join Barbara for your creative tune-up.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
3321F: One Fri., 6:30-9 PM 10/26



Making a Living Without a Job

Do you dream of being your own boss? Millions of Americans have traded in their corporate jobs for the freedom of jobless earning. Learn three important techniques for success and how to recognize and manage the obstacles you will face. Find out how to get started with little or no money and then develop multiple income channels. This class will show you the basics and new possibilities for working when, where, and how you want—and help you determine whether jobless earning is right for you. **Barbara J. Winter** has been joyfully jobless since 1974. She is a California-based teacher, author, business owner, and self-employment advocate. She is the author *Making a Living Without a Job*, *Jumpstart Your Entrepreneurial Spirit*, and publishes *Winning Ways* newsletter.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
3322BX: One Sat., 9 AM-12 PM 10/27

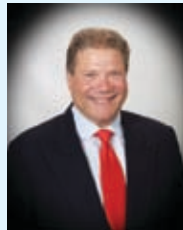
How to Support Your Wanderlust

You don't have to scrimp and save in order to see the world. Numerous opportunities for travel are available to those willing to take an entrepreneurial approach. If you are ready to become an entrepreneurial gypsy, this seminar will introduce you to some opportunities and show you how to generate ideas of your own. Learn ways to earn money as you go and how to create a portable business. There are off-the-beaten-path sources of support and ways to use a hobby or avocation to fund and enhance travel. Come discover the secrets to funding your next vacation (without working for the airlines) from **Barbara J. Winter**. She has made numerous tax-deductible trips abroad since 1989. In addition to being an enthusiastic world traveler, she is also author of *Making a Living Without a Job* and editor of *Winning Ways*, a newsletter for people living and working with passion.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
8988S: One Sat., 1-4 PM 10/27

How to Learn Anything Faster and Better Succeeding in Your Information Rich World

Howard Berg, known as the world's fastest reader, has been developing strategies to enhance learning. As the director of Gateway Prep, Inc., a not-for-profit educational company, he has developed techniques demonstrated to improve reading, memorization, materials organization, math, and writing skills. In this introductory seminar, he explains his brain-based learning strategies for reading, studying, test-taking and writing. Learn what causes slow reading, how to study and learn material more efficiently, and secrets to retaining and recalling information. Get an overview of strategies for overcoming writer's block and secrets for doing math quickly, in your head. Learn how to develop your emotional intelligence and the key to higher test scores. Get started with a new approach to learning.



\$36 Non-Member \$24 Member
CFU LOWRY: Near 1st & Quebec
2537AE: One Fri., 6:30-8:30 PM 9/14
2537AF: One Fri., 6:30-8:30 PM 1/11

2012 and Doomsday Prophecy Should We Fear?

Some believe the Mayan calendar portends doomsday on December 21, 2012 or that Nostradamus and others have foreseen the end coming soon. How accurate are these predictions, and do we really need to fear that we are living in the "end times" prophesied by the Bible? This class will look at the history of doomsday prophecies from the past and examine the psychology behind these beliefs. We will also discuss the real and imagined scientific threats to the planet to gauge how realistic each threat really is. Author **J. Allan Danelek** offers a balanced and more optimistic approach to an issue which has so many millions of people afraid. Signed copies of Jeff's book, *2012: Extinction or Utopia* will be available for an optional materials fee.

\$46 Non-Member \$34 Member
\$16 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
5212M: One Sun., 1-3:30 PM 12/16

Mega Speed Reading Speed Reading & Accelerated Learning Secrets of the World's Fastest Reader

Howard Stephen Berg is on record as the world's fastest reader. He shares his reading and learning strategies to enable you to process information more quickly and efficiently so you can learn what you need to know to make the decisions you need to make. Howard can help you increase your reading speed by 100 percent and show you how to boost your comprehension and recall. Show you how to boost your comprehension, retention and recall. He'll share methods for mastering pleasure reading, how-to-books, studying and technical reading, and he'll also teach you methods for boosting your emotional intelligence. Learn a strategy to anticipate the questions that will be asked on tests and at meetings so you know exactly what to study before you even begin reading. Mega Speed Reading has been endorsed by Maurice Thompson Jr., former president and chairman of Evelyn Wood's Reading Dynamics, and Berry Bowler, founder and former owner of Sylvan Learning Systems. Bring a non-fiction book to class on a familiar subject.

\$66 Non-Member \$54 Member
\$6.50 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2536AE: One Sat., 9 AM-1 PM 9/15
2536AF: One Sat., 9 AM-1 PM 1/12

Special Events | Business Possibilities

Immigration 101

Our immigration system is broken. We have all heard that phrase — but what does it mean? Why are there undocumented workers in the U.S.? What is “green card” (and is it green)? How can foreigners come to the U.S. legally? Move beyond sound bites and misconceptions to learn about our immigration system so that you can participate in an intelligent discussion on immigration policy reform. Learn the basic concepts and procedures of immigration law from one of the state’s most esteemed immigration attorneys. **Nancy Elkind**, of Elkind Alterman Harston, PC, has practiced immigration law for 30 years and is a nationally recognized expert in the field. She has been named Immigration Lawyer of the Year for the state of Colorado. In addition to explaining the fundamentals, Nancy will touch on family-based and employment-based immigration, deportation, asylum and refugee law and naturalization.

\$41 Non-Member \$29 Member

CFU LOWRY: Near 1st & Quebec
8627P: One Tue., 6:30-9 PM 10/16
8627Q: One Tue., 6:30-9 PM 1/15

Bankable Leadership

The Shockingly Simple Formula You’ll Take Straight to the Bank

Good leadership matters, whether you are the CEO of a large company or of your home, a sole proprietor or member of a nonprofit. We’ve all seen the powerful effects of extraordinary leaders and suffered the carnage of terrible ones. This course is designed for current or aspiring leaders who want to improve their skills. Through practical tips, experiential activities, and application, this hands-on workshop will teach you the surprisingly simple formula for leadership success. Think of it as a “Mini Leadership MBA.” **Dr. Tasha Eurich** is a business psychologist and a sought-after coach to CEOs and other business leaders. She is an adjunct faculty member at the Center for Creative Leadership, has published articles in a variety of business publications, and presents to businesses and conference around the world. Take advantage of this unique opportunity to learn the keys to effective leadership and team development from a thought leader in the field of leadership and team development!

\$78 Non-Member \$64 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6616F: One Sat., 1-5 PM 9/8
6616G: One Sat., 1-5 PM 11/3
6616H: One Sat., 1-5 PM 1/5

NEW! Small Business Networking

Share Your Marketing Ideas

Great minds create great marketing ideas. Add beer and wine and, well, AWESOME marketing ideas happen! So, come join us for a relaxed evening of facilitated brainstorming, refreshments, and networking. You’ll leave with marketing ideas for your business and some great business contacts. **Jen Hilburn** of Six Degrees Digital Marketing and **Helen Hand**, CFU President facilitate this evening. Bring your marketing ideas to share and leave with more ideas than you’ll know what to do with! Fee covers refreshments and we appreciate your registering in advance so that we can plan.

\$5 Non-Member \$5 Member
CFU LOWRY: Near 1st & Quebec
1965A: One Thu., 5:30-7:30 PM 1/10

The \$100,000-A-Year Self-Publisher

Make thousands of dollars by publishing information and marketing it as an info-preneur! There are many people that put together simple information products that they sell by mail order directly or by having others sell for them. This is a low-cost, low-risk business that does not require special skills or expensive equipment. Learn how to find information on your chosen topic and how you can use it to create your own book, report, software, CD-Rom, audio, video, or newsletter in as little as two weeks. You’ll also learn how to sell your work through catalogs, websites, or mail and get FREE publicity in publications and the electronic media. **Paul Mladjenovic**.

\$66 Non-Member \$54 Member
\$10 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6678K: One Fri., 6:30-9 PM 11/9

The \$1,000-A-Day Consultant

Learn how to start and run your own consulting practice (part-time or full-time-from home!) using what you already know. Learn how to develop your expertise and gain expert credentials; set your fees and write winning proposals; find customers; use the Internet and social media such as LinkedIn to find clients, resources and opportunities; and do easy, profitable self-publishing to make even more. **Paul Mladjenovic**.

\$61 Non-Member \$49 Member
\$10 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6652U: One Fri., 3-5:30 PM 11/9

Zero-Cost Income from Home Make Real Money in Your Spare Time with a No-Cost Business

Gain the knowledge, information, and resources needed to launch a home-based business, full-time or part-time, that is no-cost or low-cost. It is even possible to make a good income even if you don’t have a lot of time or are very busy. Most of the businesses described can be easily started simply with access to a home computer and/or the Internet. There are many ingenious ways to make money to replace lost income or supplement what income you do have. **Paul Mladjenovic** has taught thousands of students about realistic ways to generate income and build wealth for over two decades. In this brand-new, one-session class, he will share with you what he (and others) has personally done and what can work in today’s difficult economic conditions. Paul will even reveal the profitable strategies that he has privately used.

\$61 Non-Member \$49 Member
\$10 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6658I: One Sat., 10 AM-12:30 PM 11/10

Zero-Cost Internet Business from Home Part II

This is the follow-up to Zero-Cost Income from Home: Make Money in Your Spare Time. Here you will learn how to start an actual Internet business even if you have no experience or money.

This is a workshop-style course where you will actually learn how to do business as the instructor demonstrates real websites and money-making techniques. Learn the nuts and bolts of doing business online. Explore at least 7 different businesses that you can start immediately so you can begin generating income within 24 hours. Discuss email marketing, search engines, affiliate marketing, product creation, and more. Instructor **Paul Mladjenovic** recommends that you take the introductory course first so that you get the most out of this advanced program. Students will walk away with realistic strategies to earn money online-part-time or full-time!

\$61 Non-Member \$49 Member
\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6659G: One Sat., 2-4:30 PM 11/10



Start a Home-Based Medical Transcription Business

Whether you're experienced or just exploring options, this class is for you. The demand for medical transcriptionists is soaring. If you want to choose your own hours, have a business at home, find clients easily, and make great money, this informative class will get you started. Discover a step-by-step guide to learning medical transcription simply and cost effectively. Find out everything you need to know about pricing, collecting, equipment and software, professional organizations, and much more. During class, go through an extensive workbook covering blank contracts and sub-contractors, ideas about networking, and how to set up your office. **Deborah Burns** is the president of Deborah's Touch, a large medical transcription business in Phoenix. \$57 Non-Member \$45 Member \$20 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3372CK: One Sat., 9:30 AM-12:30 PM 10/27
3372CL: One Sat., 9:30 AM-12:30 PM 1/12

Deborah Burns is "very well organized w/ a polished presentation. This course has great information and medical transcription is a great opportunity."
— A. P.

Medical Transcription A to Z An Outstanding Home-Study Course

Well-trained, entrepreneurial types can make great money working as a medical transcriptionist either from home with electronic files, or within a medical facility. This hands-on, comprehensive, self-study training program requires no prior medical experience. The program is flexible and there's no time-limit for completion, but motivated types can get up and running in approximately 6 months of dedicated 10+ hours a week of study. **Deborah's Touch, Inc** is a medical transcription service and training firm with a proven, superb track record and 30 years in the medical transcription field. Visit the CFU website to learn more about the program, including mentoring and equipment requirements. \$1312 Non-Member \$1300 Member \$40 materials fee payable at time of registration Student buys reference texts and foot pedal which run approximately \$259.
3382D: Self-study

Introduction to Importing Is the Import-Export Lifestyle for You?

Globalization has opened new opportunities in the import-export business and today the entire world is a marketplace. Before you start buying, however, you must decide who will be your customer and how you'll sell your imports. Learn how you can get involved in the import-export business—even considering the global economic changes in the past few years—and decide whether this business is for you. Import-export is not just a business, but a venture that offers an opportunity for a lifestyle which can lead to making another country your second home. Find out if it suits you and your goals. If you would like to learn in-depth the mechanics of the import-export business, please enroll in our two-day, intensive class. **Tomas Belcik** has been importing from Africa, South and Southeast Asia, for 30 years. \$51 Non-Member \$39 Member \$15 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3387CJ: One Thu., 6:30-8:30 PM 9/27
3387CK: One Thu., 6:30-8:30 PM 1/10

The Nuts & Bolts of an Importing Business Intensive Workshop

Learn the mechanics of an import business, from dealing with customhouse brokers and freight forwarders to understanding shipping process, including documents preparation and packing requirements. Become familiar with foreign trade definitions, methods of financing, the US Customs entry process, product classification and marking requirements. Discover how to cost-analyze your import venture and calculate your product landed cost. Find the best strategy for financing your deal and avoid problems in shipping and customs clearance to insure that you make a profit. Regardless of your level of involvement, this class provides the insider's view of importing from Third World countries, from start-up to tax considerations. **Tomas Belcik** has been importing from all over the world, especially South and Southeast Asia, for 30 years. Offering seminars on importing since 1988, Tomas provides a rare and needed service since neither the US government (including the Department of Commerce and US Customs) nor college programs offer much support to importers. \$179 Non-Member \$159 Member \$15 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3386CK: Sat. & Sun., 10 AM-4 PM Begins 9/29
3386CL: Sat. & Sun., 10 AM-4 PM Begins 1/12

The Basics of Selling on eBay Hands-On Training

Bring your laptop or use our desktop in class and learn everything you need to know to sell items on eBay. Topics include: eBay fees, how to select items to list, and researching the eBay marketplace to price your item correctly. You will learn all the components of item listing: creating your title and description, getting good photos and pricing strategies. Bring an item you want to sell to class and go through all the steps, including photographing the item, so that you leave with an actual listing of your item. Find out what do to after you have sold your item and are ready to send it to the buyer. All students must have an active seller account already set-up on eBay. If you need help setting up the account, please contact the CFU registration. An educational specialist trained by eBay, **Jon Dean** and **Pamela Wilson** are owners of Antique Marketing Services that caters to antique dealers, providing eBay listing services and website development. You must register by phone or in person for this class. \$111 Non-Member \$99 Member \$14 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3723P: One Sat., 9 AM-4 PM 9/29
3723Q: Two Wed., 6-9 PM Begins 11/7
3723R: One Sat., 9 AM-4 PM 1/19

Get Paid for Speaking!

Speaking is a business. In this class, learn how to become a speaker/author; book ten talks in ten days; go from free to fee; find groups that need speakers (you) on a regular basis; and go beyond Toastmaster or the Dale Carnegie course. Assisted by Diana Hall, founding president of the CO Speaker's Association and long time CFU teacher, **Joe Sabah** has been teaching speakers how to get paid for over 25 years. Materials fee includes a database on CD and hard copy, with 450+ clubs and organizations and 350+ CO associations and corporations who use speakers. \$51 Non-Member \$39 Member \$50 materials fee payable in class
SOUTH DENVER: University & Evans
4523GA: One Tue., 12 PM-4 PM 08/28
4523GB: One Tue., 12 PM-4 PM 9/11
4523GC: One Tue., 12 PM-4 PM 9/25
4523GD: One Tue., 12 PM-4 PM 10/9
4523GE: One Tue., 12 PM-4 PM 10/23
4523GF: One Tue., 12 PM-4 PM 11/6
4523GG: One Tue., 12 PM-4 PM 11/20
4523GH: One Tue., 12 PM-4 PM 12/4
4523GI: One Tue., 12 PM-4 PM 12/18
4523GJ: One Tue., 12 PM-4 PM 1/15
4523GK: One Tue., 12 PM-4 PM 1/29

Start Your Dream Business Now! A Road Map to Success

Looking to take control of your career/professional destiny? Before you just “jump in,” realize that your efforts will affect your finances, your personal life, your career, and your family for the long term. It’s one of the biggest leaps you can make, so it pays to prepare yourself well. In this class, take an assessment and learn exactly what your entrepreneurial DNA is. Discover the business model that best matches your personal goals and tolerance: a start-up, an acquisition, or a franchise. Then, find out how you go about making that business model into a reality. **Lee Thomas** has acquired, built, and sold 14 businesses in his long and varied career except one: Integrity Businesses Ventures, Inc., an enterprise dedicated to placing people in the right business for their success.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1917K: One Wed., 6-9 PM 9/19

1917L: One Wed., 6-9 PM 10/24

1917M: One Wed., 6-9 PM 11/14

1917N: One Wed., 6-9 PM 1/16

Marketing Essentials for Artists Part I

What is marketing for artists? How can you get out there if you don’t know where it is? Discover essential insights, practical ideas and fundamental tools for navigating the fine art market. Discover how to identify your target audience, create a personalized marketing plan, write a press release, and develop a promotional packet. **Beth Rypkema.**

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1335S: One Sat., 9 AM-12 PM 9/8

1335T: One Sat., 9 AM-12 PM 1/19

Marketing Essentials for Artists Part II

Writing a Marketing Plan

Continue developing your marketing approach in this workshop by writing an artist’s 5-point marketing plan. You will learn to use marketing tools such as a SWOT analysis, target market analysis, budget development and goals, objectives and action plans. Flesh out what you learned in Part I of this series. **Beth Rypkema.**

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1339A: One Sat., 9 AM-12 PM 9/29

1339B: One Sat., 9 AM-12 PM 1/26

Business Essentials for Artists

Learn how to set up a simple, functional art business. Learn about project budgets, proposals for commissions, contracts, invoices, disclaimers, and business structures.

Find out how to price your artwork, charge sales tax, provide a certificate of authenticity, and set realistic financial goals. This workshop will help you to be ready when the phone is ringing off the hook, clients are beating down your doors, and galleries are demanding your artwork. **Beth Rypkema.**

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1334S: One Sat., 9 AM-12 PM 12/8



The Venue Menu©

A Career Buffet for Artists

Are you ready to dispel with the notion of the starving artist? Find out about the differences in approaching galleries, co-ops, museums and shows. We’ll discuss submission guidelines, juries, show applications, calls for entry, contracts, grants, residencies, and alternative markets. Explore issues relating to artist representation and commission fees. **Beth Rypkema.**

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1336Q: One Sat., 9 AM-12 PM 11/10

Portfolio Development for Artists

Leave this highly interactive workshop with the practical skills needed to develop, assemble, and market a high quality portfolio. Focused writing exercises will help you produce standard support materials, including a professional bio, artist statement, and cover letter. You’ll learn to use the pyramid and inverted pyramid writing styles, how to organize your resume, nine elements of an effective portfolio, and 15 touchstones of successful artists. **Beth Rypkema** of Art Career Essentials (ACE) has over 25 years of experience in the arts, business, and teaching, and has developed programs for the Cherry Creek Arts Festival, Denver Center Media, the Black Hills Heritage Festival, and more.

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1337Q: One Sat., 9 AM-12 PM 10/13

NEW! The Business of Sharing Marketing for Service-Based and Creative Business

Coaches, healers, creatives and service-based business owners naturally focus on the gifts they bring to the world and give less attention to building their businesses. Marketing is the cornerstone of creating a successful business, but many providers worry about the cost and the time involved and get overwhelmed. Discover how to authentically share what you do with others, from a place of service, and to charge what you’re worth. **Michaela Sibanda**, a marketing and mindset coach, is committed to helping service providers and creatives achieve success in the business of their dreams. Start with getting re-grounded in the reasons you chose your work; explore the principles of a life-first, work-second approach to business planning; and identify who will be impacted by your work and how you can get your message to those people. Learn how to create packages and programs that will draw customers and leave class with a practical marketing plan.

\$81 Non-Member \$69 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1953A: One Sat., 9 AM-4 PM 10/13

1953B: One Sat., 9 AM-4 PM 12/8

1953C: One Sat., 9 AM-4 PM 1/19

Easy Email Marketing with Mail Chimp®

Learn how to create professional email newsletters and announcements from any computer using Mail Chimp®, an online email marketing service that’s free for most small business users. In this hands-on class, discover how to set up an account, and explore the ins and outs of maintaining your contact list. We’ll also discuss the basics of writing newsletters and how to comply with anti-spam laws. **Jacqueline Webster** is a fine art photographer who markets her work through email campaigns to customers across the country. Students should bring their own wifi-capable laptop to class if possible, but if you don’t have one, let the CFU registrar know that you’d like to use one of our computers. You must have your own Facebook account, a blog, or a website presence to open a Mail Chimp account. Basic to intermediate computer skills are required.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec

3210L: One Mon., 6-9 PM 9/17

3210M9: One Fri., 1-4 PM 10/26

3210N: One Wed., 6-9 PM 12/12

3210O: One Fri., 1-4 PM 1/11

Jennifer Hilburn Digital Marketing Workshops

Jennifer Hilburn, owner of Six Degrees Digital Marketing, conducts strategy workshops for successful businesses to develop and refine online lead generation, cross-channel marketing, and reputation management tactics that escalate sales revenues. Current and past clients include: AT&T, Hewlett-Packard, Sprint, Rocky Mountain Chocolate Factory, Burlington Northern Railroad, Agilent Technologies, University of Nebraska, State of Colorado, State of Nebraska, Internal Revenue Service, and many more. She is co-author of the upcoming book *Cracking the Success Code*. Jennifer is the founder of the U.S. Vetpreneur Marketing Challenge, a program designed to help U.S. Veterans successfully market their new businesses online and offline.

Digital Marketing Overview

Search engine rankings, blogging, mobile marketing, QR Codes, social media, reputation management, content marketing, lead generation, conversion-marketing your business online can be overwhelming. If you're struggling to understand what all these - and many other - digital marketing activities are and how they work together, this is the class for you. We'll define the terms, discuss the customer/client buying cycle, and show how these activities fit in that cycle. Get the big picture and begin creating a digital marketing strategy that fits your budget.



Jennifer Hilburn.

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

1935B: One Thu., 9:30-11:30 AM 9/27

1935C: One Sat., 9:30-11:30 AM 10/27

1935D: One Mon., 6-8 PM 12/3

1935E: One Thu., 9:30-11:30 AM 1/10

Digital Marketing Strategy

Digital marketing can increase your bottom line or waste precious time without bringing in any new business. The difference? A well-constructed strategy that supports your business goals and a blueprint that sets daily, pre-defined activities to bring customers and clients through your door, along with their referrals. In this workshop, examine your business goals and determine which online activities are most likely to generate new business. Consider which activities you want to do in-house and those you want to outsource and how to hire consultants when needed. Determine what you need to learn next to implement your strategy and create action steps to get the job done. **Jennifer Hilburn.**

\$71 Non-Member \$59 Member

\$15 materials fee payable in class

\$64 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1928B: One Thu., 12:30-4:30 PM 9/27

1928C: One Sat., 12:30-4:30 PM 10/27

1928D: One Tue., 9 AM-1 PM 12/4

1928E: One Thu., 12:30-4:30 PM 1/10

Digital Marketing with Pinterest

Pinterest is the 3rd largest social media site and the 16th most trafficked website in the U.S. It is currently dominated by women ages 25-44—otherwise known as top purchasers of consumer and business goods and services. Discover the most appealing aspects of Pinterest for users, how it is different from Facebook and Twitter, and how to take advantage of it to market your business. Learn the five things you MUST do to optimize Pinterest for maximum exposure and three ways to add Pinterest followers to your list. Find out also how to make your Pins go viral, the best time to submit your pins, tools for automating Pinterest tasks, and how you can become an authority figure on Pinterest to multiply your results. Class is led by teacher demonstration, but to fully engage, students should have set up and “played” with Pinterest account for at least 30 minutes prior to class. Setting up Pinterest requires students to have a Twitter or Facebook account. How to video available at <http://get-clicked.com/cfu/pinstart.html>.

Jennifer Hilburn.

\$57 Non-Member \$45 Member

CFU LOWRY: Near 1st & Quebec

1930B: One Sat., 1-4 PM 9/29

1930C: One Tue., 5:30-8:30 PM 10/30

1930D: One Wed., 5:30-8:30 PM 12/5

1930E: One Fri., 1-4 PM 1/11

Marketing to Women Online

Did you know that 85% of all brand purchases are made by women?—as well as 91% of new homes, 80% of health care, 93% food, 65% new cars, and 93% over-the-counter meds. The numbers are equally impressive in the business to business world. Women make many of their purchases online and are often the ones finding new businesses through online deals or searches. We'll cover how women shop online, where to find women, and how to engage them and get them through your doors. **Jennifer Hilburn.**

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

1939B: One Sat., 10 AM-12 PM 9/29

NEW! Mobile Marketing

Did you know that 20% of web traffic in North America comes from mobile devices? By the time you read this, that percentage will have increased. Email open rates are at 13%, while text message read rates are at 97%. Are you capturing this business or are you giving that money to your competitors? In this class we'll break down who's using mobile devices and how, explain mobile marketing technologies, and look at some strategies for capturing and converting mobile users. **Jennifer Hilburn.**

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

1964A: One Tue., 2-4 PM 10/30

1964B: One Wed., 2-4 PM 12/5

1964C: One Fri., 9:30-11:30 AM 1/11

Easy Content Creation for Digital Marketing

People do business with those they know, like, and trust. So, how do you establish trust and credibility, engage with potential customers and clients, and get them to like you? With killer content, of course! This class will look at four—and maybe more—ways to quickly create great content that will help get you found in the search engines, engage your target market and convert them into new clients and paying customers. **Jennifer Hilburn.**

\$57 Non-Member \$45 Member

\$20 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1931B: One Fri., 1-4 PM 9/28

1931C: One Mon., 9 AM-12 PM 10/29

1931D: One Tue., 5:30-8:30 PM 12/4

1931E: One Sat., 9 AM-12 PM 1/12

B2B Sales Success with Webinars

Do you sell products and services to other businesses? Done correctly, online presentations can generate amazing quantities of prospective customers. Converting those prospects into sales-ready leads and paying customers requires the right planning and implementation. In this class, find out how to host a webinar. Learn which webinar topics prospects are interested in and how to promote for maximum attendance. Find out how to identify the best prospects during the presentation and how to repurpose your webinars for ongoing lead generation. **Jennifer Hilburn.**

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

1932B: One Fri., 10 AM-12 PM 9/28

1932C: One Mon., 6-8 PM 10/29

1932D: One Sat., 1-3 PM 1/12

See page 3 to learn about CFU's Online Marketing Certificate.

Facebook for Business

Dive headfirst into marketing using Facebook's business pages. Learn how to set-up your Facebook business account; use Facebook's timeline features to promote your business; and find and install Facebook apps to create contests, surveys and other marketing tools. Learn to create your first Facebook ad in less than 10 minutes and then learn to leverage the most powerful aspect of Facebook advertising—Facebook ad targeting. Target your ad by location, demographic, broad and precise interest (psychographic targeting), social connection, and other advanced targeting features. Then learn how to use Facebook's Insights to track your return on investment (ROI). Finally, learn strategies to develop engagement and community to grow your following or fan base. **Nazli Nomanbhoy** owns her own web consulting company, coffeepi.com and has taught at the University of Denver and Colorado State University.

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3733H: One Sat., 9:30 AM-12 PM 9/8

3733I: One Tue., 6-8:30 PM 10/2

3733J: One Sat., 9:30 AM-12 PM 11/3

3733K: One Sat., 9:30 AM-12 PM 1/26

Twitter, Google+ & Hootsuite

Twitter, a micro blogging platform, has grown to an active community of over 140 million users. Learn Twitter's lingo—hashtags, @mentions, @replies, retweets—and then learn how to use these to develop a marketing strategy for your business. Learn how to make regular updates on Twitter (tweets), identify and take advantage of trending topics to develop engagement and community with your followers. Google+, Google's social media platform, has been growing in popularity steadily. With over a 100 million active users, Google+ is an amalgamation of Facebook and Twitter. The SEO benefits of using Google+ are enormous since Google+ ties in with Google's search engine, local business search and a host of other Google services. Learn how Google+, Facebook and Twitter rival and also compliment each other, and how best to leverage each to successfully meet your marketing goals. Finally, learn about Hootsuite to help you take control of all your social media strategy. **Nazli Nomanbhoy.**

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3732H9: One Sat., 1-3:30 PM 9/8

3732I: One Mon., 6-8:30 PM 10/8

3732J: One Sat., 1-3:30 PM 11/3

3732K: One Sat., 1-3:30 PM 1/26

Hands-On Web and Social Media Marketing Lab

You've taken the classes, you've learned the theory, and now you're ready to take the plunge -setting up your Facebook page, website or blog. Or, you've started your website, your Facebook, Twitter and Google+ pages and you've run into snags. Join web developer and social media consultant Nazli Nomanbhoy in this hands-on open lab to jumpstart your website and social media efforts. Get started and get those pesky glitches ironed out. Brainstorm with others for fresh, innovative ideas to help move your digital marketing efforts to new heights. Please email Nazli with your questions and projects so that she can organize the class to best meet your needs. **Nazli Nomanbhoy** owns her own web consulting company, coffeepi.com, and has been designing websites for over 10 years. Bring a laptop or use one of our desktops; call to register and specify your preference.

\$91 Non-Member \$79 Member

CFU LOWRY: Near 1st & Quebec

3735H: One Mon., 6-9 PM 9/10

3735I: One Tue., 6-9 PM 10/9

3735J: One Mon., 6-9 PM 11/5

3735K: One Tue., 6-9 PM 1/29

Get Your Business Listed on the First Page of Google Using Local Search

How does a small business get onto Google (local), Bing, and Yahoo maps? If you have been approached by an Internet marketing company that has some version of 'local' in their name and promises to get you listed on the first page of Google for a monthly fee, then you need to come to this class before you sign on the dotted line. In most cases it takes a little knowledge, some elbow grease, and you can do the same thing yourself at little to no cost. After this class, you will know how to get your business on Google, Bing and Yahoo maps, listed on local directories, find places you never thought of to be listed, and have a road map of action items—even if your budget is \$0. **Liz Hamilton** has been working with the web since 1997 and is an expert on Internet marketing. Owner of Maia Internet Consulting, she combines expertise gained over the years to bring affordable web solutions to small businesses.

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3221AF: One Sat., 9 AM-12 PM 9/22

3221AG: One Fri., 9 AM-12 PM 10/19

3221AH: One Sat., 9 AM-12 PM 11/17

3221AI: One Fri., 9 AM-12 PM 1/18

Smart & Successful Websites The Key to Online Marketing

Customers are searching for your products and services online, everyday! The question is are they finding your website before they find your competition's? Discover the art of creating content to attract search engines to your site. Learn the basics of keyword research so you can discover the terms people use in searching for your products and services and add those keywords to the pages on your website. Make sure you know the 5 areas of your website to pay attention to for the best results. Also, explore how email marketing, mobile devices, blogging and social media can play a role in your online marketing plan and website design. **Liz Hamilton** is the owner of Maia Internet Consulting a Denver based website development and online marketing company. She works with small businesses to help them establish a presence online and has experience with Social Media, website development and online marketing.

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3590AX: One Fri., 9 AM-12 PM 9/21

3590AY: One Sat., 9 AM-12 PM 10/20

3590BA: One Fri., 9 AM-12 PM 11/16

3590BB: One Sat., 9 AM-12 PM 1/19

Everything You Wanted to Know About Blogging

Personal blogs and business blogs are great tools for sharing knowledge and expertise. Blogs can help build additional traffic to a website and can help you connect with potential new customers. A blog is a low cost alternative to having a full-blown website, and for small business owners blogs offer an inexpensive way to get out on the Internet. In this class learn about the difference between a business blog and a personal blog, the different blog creation platforms available, and which ones are free and which ones cost money. We will talk about the pros and cons of different blog programs. Learn about RSS feeds, categories, tags, trackbacks and other blog terms. You will leave the class with a complete plan on how to create your own blog and ideas on what to blog about for your business, hobby, or project. **Liz Hamilton** has been working with business owners since 2004.

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3244AU: One Sat., 1-4 PM 9/22

3244AV: One Fri., 1-4 PM 10/19

3244AW: One Fri., 1-4 PM 11/16

3244AX: One Fri., 1-4 PM 1/18

Business Marketing/Strategies

NEW! Twitter, Blogging, and Lawsuits

Intro to Online Marketing Law

The good news is that many small businesses are using cost effective online marketing to get the word out. The bad news is that many of these businesses do not have the information they need to avoid legal trouble. If you're a business that contracts out digital marketing, you are still ultimately responsible for the product. If you have your own business as a social media manager or website developer, you need to know how to stay within legal bounds. Business attorney **Elizabeth Lewis** will provide insights into what you need to make sure you are advertising legally! Topics to be covered include an intro to what "legalese" you need on your website, contract considerations, FTC regulations, and social media issues.

\$51 Non-Member \$39 Member \$4 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1946A: One Tue., 6:30-8:30 PM 11/13

1946B: One Wed., 2-4 PM 1/9

LinkedIn 101

Building a Profile That Gets Results

Set up a LinkedIn profile that can get results. Explore the key fields in a profile and discuss topics such as: building a professional network, including who and how to search for contacts, uploading your address book to connect with those you already know, joining groups, and locating companies. Leave with the skills to set up your profile and get started creating a powerful professional network. **Lindsey Day** is a career and strategic employment transition expert providing executive coaching services to alumni of Metropolitan State College of Denver. Lindsey has extensive coaching, planning and facilitation experience with hundreds of clients throughout the United States.

\$56 Non-Member \$44 Member

CFU LOWRY: Near 1st & Quebec

3349BB: One Wed., 6-8:30 PM 9/26

3349BC: One Wed., 6-8:30 PM 11/28

LinkedIn 201

LinkedIn for Business Advancement

Designed for the experienced LinkedIn user (i.e. those with a profile already created), this class focuses on using LinkedIn's amazing networking capabilities to advance and develop your business and professional goals (large or small). Discover techniques to leverage your connections, establish credibility, and create a dynamic company page and/or group. Explore strategies to use LinkedIn to solicit business funding, find business partners, and identify talented employees and/or contractors (such as accounting services if you're a solo entrepreneur). Leave with the knowledge and skills you need to take advantage of LinkedIn's powerful tools for businesses of any shape or size. **Lindsey Day**.

\$56 Non-Member \$44 Member

CFU LOWRY: Near 1st & Quebec

3350AH: One Wed., 6-8:30 PM 10/30

3350AI: One Wed., 6-8:30 PM 1/16

Copyrights, Trademarks, & Trade Secrets

Protect Your Brand

Your intellectual property is one of the most vital parts of your business, yet most business people, entrepreneurs, artists, and other creative types do not have these assets adequately legally protected.

This class covers intellectual property of all types: copyrights, trademarks, trade secrets, and more. Find out what the differences are, how to protect your work/ideas, and concrete steps you can take to begin the process. **Steve Replin** is an entertainment attorney focusing on film, fashion, music and literature.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3618R: One Sat., 9-11 AM 9/8

3618S: One Thu., 7-9 PM 10/11

3618T: One Sat., 9-11 AM 11/10

3618U: One Sat., 9-11 AM 12/8

3618V: One Tue., 7-9 PM 1/8

Legal Tips for Business Start-ups

How to Choose the Right Entity for Your Business

The first step in starting a business is choosing the appropriate entity (LLC, sole proprietorship, S-Corp, etc.) that will give your business stability while allowing for adaptation to changing circumstances. Learn the pros and cons of the types of entities available and get questions answered so that you can choose the entity best-suited for your business idea. Attorney **Trevor Crow** of Dufford and Brown, PC, focuses on the whole business life cycle, including entity selection, formation, finance, acquisitions, operating transactions, and eventual transfer or sale of the business.

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

3211M: One Wed., 6:15-8:15 PM 9/5

3211N: One Wed., 6:15-8:15 PM 10/24

NEW! Human Resources 101 What Every Small Business Needs to Know

Are you a new or small business that has employees or is thinking of hiring? It's a mistake to believe that only large companies need HR. Knowing some of the basics of employment law can protect you from costly litigation that could devastate your business even if you have only a few employees. Learn the 5 key employment actions that often land employers in court, gain an understanding of how to avoid employment lawsuits, what is a hostile work environment under the law, how to properly classify an employee vs. contractor, and a basic overview of the most important laws regarding discrimination and harassment.

Victoria Hayhurst, SPHR is a certified senior professional in human resources and business consultant with over 12 years experience working for national and international companies, including Fortune 500s.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec

1954A: One Thu., 6-8:15 PM 9/27

1954B: One Fri., 2-4:15 PM 10/26

1954C: One Sat., 1-3:15 PM 12/8

1954D: One Fri., 9-11:15 AM 1/18

QuickBooks 102

Make Money, Have Fun

This class is aimed at entrepreneurs who aspire to or who are using QuickBooks to set up or improve their businesses. Not a computer class, we'll go beyond the data entry of Quickbooks to learn how to really use the program to make money and have fun with accounting (yes, it can be done!). First the numbers: Discover how financial statements tell the story of your business-and learn how to read that story. Discover how to use the Chart of Accounts to organize your business to improve income, minimize expenses and maximize profits. Now for the fun part: step beyond the accounting system and learn how to design, plan, orchestrate, and grow the business you imagine. Find out what reports give you the information to make the most valuable decisions, and what numbers drive your business in the direction you desire.

Libby Smith of Accounting for Success, P.C., teaches with the ability to turn "boring number stuff" into practical and motivating steps to run your business.

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

TECH CENTER: I-25 & Dry Creek

3233EP: One Thu., 9 AM-12 PM 9/6

3233EQ: One Thu., 9 AM-12 PM 11/8

NEW! Crowd Funding 101 Get Funding for Your Dream

Crowd funding is simply a community of people that fund ideas, dreams, and projects. It's essentially taking a creative spin on how banks and credit unions used to support local business and ideas - without all the paperwork and hoops. If you have a strong, timely idea or project, and the skills to market your idea and attract interested people, you should explore this new way of raising funds. Find out about informal crowd funding as well as more formal and popular online sites and what they kinds of projects they accept. Walk through steps from idea to fully launching a crowd funding campaign. **Jonathon Stalls** walked across the U.S. to raise awareness and funds for Kiva.org. He created his own crowd funding for this project and now is informed about all the options. He's eager to help you or your nonprofit get the funds to make the dream come true.

\$51 Non-Member \$39 Member
\$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1966A: One Mon., 6-9 PM 10/22
1966B: One Mon., 6-9 PM 11/19
1966C: One Tue., 6-9 PM 12/11
1966D: One Thu., 6-9 PM 1/17

Get Your Business Funded Now! Financing Secrets of an Ex-Banker



Imagine knowing what your banker is thinking when he reviews your business loan request? In this informative class, learn from an ex-banker and small business advocate the insider secrets that bankers use to review loan requests and understand why you may be better off going an alternative funding route. Explore 10 different and viable sources of funding and how to assess your personal funding needs. Discover the best way to present them to your prospective lender and how to prepare for a successful closing with a non-bank lender. **Scott Jordan** is the founder/owner of All Credit Lending Solutions. He worked previously in banking and in the mortgage lending business and is the author of the *10 K Rightaway*, available on Amazon. Main street bailed out Wall street and the banks—it's time for you to get the bailout you deserve!

\$51 Non-Member \$39 Member
\$19-29 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3538I9: One Wed., 6:30-8:30 PM 9/5
3538J9: One Tue., 6:30-8:30 PM 10/16
3538K: One Wed., 6:30-8:30 PM 12/5
3538L: One Tue., 6:30-8:30 PM 1/29

How to Start a Nonprofit Organization

Whether you are interested in forming a new nonprofit, converting an informal group to tax-exempt status, or reorganizing an existing organization, this course will walk you through the steps. You'll discuss: the characteristics of a fundable program, fundraising strategies, proposal writing, building a Board of Directors and navigating your way through the 501(c)(3) tax exempt process. Understand what is needed to take a nonprofit start-up from vision to reality.

Lynn O'Connell.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
7105E9: One Sun., 12:30-3 PM 10/7
7105F: One Fri., 9-11:30 AM 12/14

The 3 R's of Volunteers Recruitment, Retention & Recognition

The value of volunteers to a nonprofit becomes even more important in the tough economic times of today. According to the latest Bureau of Labor statistics, there are nearly 62 million volunteers in America. Discover concrete and easy steps that you can implement right away to build numbers and commitment among your volunteer pool, whether your organization is just starting out or you already have a strong team of volunteers. **Lynn O'Connell** oversees a staff of seven and more than 185 volunteers and is a past president of Volunteer Alexandria.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
7104E: One Tue., 9-11:30 AM 10/9
7104F: One Sun., 12:30-3 PM 12/16

Become a Grant Writer

Writing winning grants is a highly sought after skill. A This workshop will teach you techniques you need to get the necessary funding to carry out your inspiration. Learn to write a good proposal and ways to make your proposal stand out. Discover the 6 common reasons why grant-makers decline a proposal. Identify 10 strategies that will make your proposal stand out above others, and learn how to write the seven basic parts of a proposal. **Lynn O'Connell** has worked in the nonprofit sector for over more than 20 years. As a consultant, she writes proposals for both non-profit organizations as well as small-businesses. She is executive director of a national health care grant making organization.

\$113 Non-Member \$99 Member
\$15-30 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3271AA: One Mon., 9 AM-4 PM 10/8
3271AB: One Sat., 9 AM-4 PM 12/15

NEW! Finances and Nonprofits A Layman's Guide to Financial Statements

Whether you work for a nonprofit, are on a board, or are thinking of creating your nonprofit, you need to know how to understand a financial statement and use it to guide the organization's decision-making. It's also important to know what kinds of records need to be kept, what an audit is and whether you need one, and when and what you must file with the IRS and state department of revenue. **Nikki Riedt** works with the Public Interest Network and travels the country consulting with member organizations about their financial statements and how to use them.

\$56 Non-Member \$44 Member
\$3 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1955A: One Mon., 6:30-9:30 PM 10/29
1955B: One Tue., 6:30-9:30 PM 12/4
1955C: One Mon., 6:30-9:30 PM 1/14

Building Your Nonprofit for the Future

Strategic Planning That Works

Every organization needs planning in order to stay on track and grow. This session will help you select a type of plan that your organization can develop and actually use. Then learn how to carry out your strategic planning process and see that "the plan" is implemented. Go home with a completed SWOT (strengths, weaknesses, opportunities, and threats) analysis, strategies to position your organization for long-term success. **Lynn O'Connell.**

\$51 Non-Member \$39 Member
\$15 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
7106E9: One Mon., 6-8:30 PM 10/8
7106F: One Sun., 3:30-6 PM 12/16

How to Create a Business Plan That Works

A business plan is a tool for an organization that sets objectives accompanied with a plan to achieve them. This course will help you research and write the business plan that you will need to lead you toward success. Learn what sort of advance research you should do, the things should be included in the plan, and the steps that are used to create a usable and feasible business plan. **Lynn O'Connell.**

\$51 Non-Member \$39 Member
\$15 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3272AA: One Sun., 3:30-6 PM 10/7
3272AB: One Fri., 2-4:30 PM 12/14

Nonprofit Admin | Money Management

NEW! How to Obtain 501(c)(3) Status and Keep It!

Filing for your IRS 501(c)(3) nonprofit status can be time-consuming and intimidating. This very practical class will demystify the process and give you the roadmap. Understand the necessary decisions and required forms to obtain this designation and learn the basics of operating a nonprofit to keep your 501(c)(3) status. You'll work on the "Artist Guild Wants to Be a Nonprofit Organization" case study to apply the concepts presented. **Jean Starr**, a Certified Public Accountant for 25 years, has assisted many organizations with this process and founded her own company, Financial Planning Action Steps, LLC, to provide support to all kinds of small businesses and nonprofits. She uses a concrete case study to illustrate the concepts presented and answers questions to help you get on the right road.

\$51 Non-Member \$39 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1958A: One Thu., 6-9 PM 9/27

1958B: One Fri., 1-4 PM 10/19

1958C: One Sat., 9 AM-12 PM 12/1

1958D: One Wed., 6-9 PM 1/9

Nonprofits in Colorado Resources and Practices

If you are currently operating or planning to incorporate a 501(c)(3) organization, this seminar will give you a start in finding resources, seeking funding, and networking with other nonprofits. Learn about available non-profit education programs and professional trainings, non-profit help and development centers, and local and online resources. Get basic information about the Colorado Community Grant Application and major funding sources in Colorado. Find out about consulting, legal, website design, and video services that are available to nonprofits and learn where you might receive grants for technology. Discuss The Principle and Practices for Nonprofit Excellence in Colorado. **Ben Hand-Bender** is receiving a certificate in Nonprofit Administration from Metro State College. He has worked for a number of nonprofits in the Denver area, including the Open Media Foundation, Colorado Media Matters, and contract fundraising for Save the Children.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3270I: One Wed., 6:30-9 PM 9/5

3270J: One Sun., 1-3:30 PM 10/14

3270K: One Tue., 6:30-9 PM 12/4

3270L: One Mon., 6:30-9 PM 1/28

NEW! The ABC's of Conservative Investing

Take control of your financial life and avoid the risks that can jeopardize your future. This comprehensive personal finance course based on the book "Principles of Conservative Investing" takes you from where you are in your financial planning and gets you where you want to be financially. Learn the ABC Model of Investing and explore many aspects of conservative investing, including changes in investing paradigms, impact of bear markets, retirement budgeting, key aspects of financial decisions, and pitfalls to avoid. Course materials include a comprehensive workbook, financial planning worksheets, and a copy of the book and DVDs to help you implement what you have learned. Instructor **Dale Wolberg** is an independent personal financial planner who works with highly experienced proven strategic partners who share the belief that people need an alternative to the typical approach to financial planning that takes undue risk at the individual's expense.

\$72 Non-Member \$60 Member

\$25 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1942A: Three Thu., 6-9 PM Begins 10/4

1942B: Three Tue., 6-9 PM Begins 10/9

Options! How to Profit in Up, Down, or Sideways Markets



Options are one of the most creative financial innovations. With a fraction of the money required for other investment products, options allow you to speculate on the direction and magnitude of future price changes or manage investment portfolio risk through hedging. Start by learning characteristics of the two basic types of options: puts and calls. Learn how options are valued and explore trading strategies ranging from conservative to aggressive. Consider the risk and return tradeoffs for each option strategy and identify the best strategies for any market environment. **Meritt Finer**, a Registered Investment Advisor with Matrix Investment Management, has managed investment portfolios for over 12 years and traded options for over 20 years.

\$61 Non-Member \$49 Member

\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3121AC: One Sat., 9 AM-12 PM 9/8

3121AD: One Sat., 9 AM-12 PM 10/27

3121AE: One Sat., 9 AM-12 PM 12/8

Investing Basics for Women

Women are earning more and learning more about investments and how to make their money work for the future. Learn the basics of investing: mutual funds, stocks, bonds, IRAs, SEPs, and more. Plan for a financially secure retirement by learning successful savings strategies and how to avoid the most common financial mistakes that women make. **Wendy Spencer**, CFP, CDFP, is the owner of Spencer Capital Strategies, Inc., and has been helping people with their financial decisions since the mid 1990s. An optional free personal phone consultation is included.

\$41 Non-Member \$29 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6624CM: One Mon., 6:30-9:30 PM 9/24

6624CN: One Mon., 6:30-9:30 PM 10/22

Investing Essentials Manage Your Own Stock Portfolio

Learn to understand financial statements and identify trends to analyze stocks for appreciation. In class, we'll learn how and where to screen companies, research their stocks, and analyze balance sheets, income statements, and cash flow. Many principals in this class are illustrations of lessons that Jeremy Siegel uses in *The Future for Investors*. Leave with an understanding of sound strategies you can use to successfully invest in the stock market. **David Thompson** is a long-time successful investor who used the methods taught in this class to beat Warren Buffet by 39% during one 9-month period.

\$46 Non-Member \$34 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6602U: One Sat., 9 AM-12 PM 9/22

6602V: One Sat., 9 AM-12 PM 11/10

Keys to Financial Independence

Now you can learn the seven factors of building wealth used by American self-made millionaires. We'll cover basic concepts of economic and financial management such as investment vs. consumption, before vs. after tax dollars, the power of compounding, and how to use ROI (return on investment). Apply these concepts to your home, cars, credit cards, and investments, and you'll be on track to a sound financial future. **David Thompson** is a long-time successful investor who used the methods taught in this class to achieve a net worth of over twice the wealth formula predicted in the popular book, *The Millionaire Next Door*.

\$46 Non-Member \$34 Member

CFU LOWRY: Near 1st & Quebec

3120AD: One Sat., 9 AM-12 PM 9/8

3120AE: One Sat., 9 AM-12 PM 10/27

Ultra-Investing Using Options

This course is not for the financially risk-averse! Perfect for beginners, learn simple strategies experienced investors use to make tremendous profits in the world of options. The instructor has students and clients that have turned \$2,000 into \$100,000 in under six months! Use options on stocks, indexes, gold, oil, or other commodities. With these investments, you can make a small fortune overnight or, if you're not careful, lose one. Learn how to invest the right way from a consistently successful investment pro. This exciting, one-session program shows you how to minimize your risks and maximize your gains. Learn safe strategies with call & put options, speculate with as little as \$500, use options for either quick gains or a steady income. Learn to use resources and websites to help you track the markets and gain the valuable information you need to succeed. If you want a serious approach to learning how to make money quickly by using tested techniques and proven methods, this is the place to start! **Paul Mladjenovic**.

\$61 Non-Member \$49 Member
\$10 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6655AN: One Sun., 3-5:30 PM 11/11

How to Generate Passive Residual Cash Flow

Imagine making money while you're relaxing on your vacation. Discover how you can build a powerful income-producing portfolio. You'll discuss: how you can project your financial cash flow needs in 5 minutes, how to boost income from stocks, bonds and mutual funds, the pro's and con's of reverse annuity mortgages, how to start an Internet business that can offer regular and automatic income and much, much more. Take 5 easy steps now to insure a safe, sound retirement. **Paul Mladjenovic** is a national seminar leader, author and consultant. Paul's books include *Zero-Cost Marketing*, *The Unofficial Guide to Picking Stocks* (Amazon) and *Stock Investing for Dummies* (Amazon). Since 2000, Paul has made numerous forecasts such as predicting the bear market of 2000, the recession of 2001, the dollar's fall during 2002-6, the commodities bull market and the popping of the housing bubble and the mortgage crisis.

\$61 Non-Member \$49 Member
\$10 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3324Q: One Sun., 12 PM-2:30 PM 11/11

Introduction to Day Trading

This course combines information about neuroscience with the fundamentals of trading. First, learn the key principles of trading: price action, price patterns, moving averages, reversal patterns, and supply and demand and get a live look at how these work. Next understand why there is a high failure rate with new day traders and what you can do to enhance your chances of success. By understanding the psychology of trading and how your brain functions, you can construct a trading style suited to your unique neuronal makeup. By learning about the ergonomics of trading, you can avoid conditions that lead to dysfunctional trading behaviors. **Dr. Paul Thomas** traded for a New York firm and now trades his own account daily. As a chiropractor, he has a post doctorate fellowship in neurology.

\$152 Non-Member \$140 Member
\$10 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6620AR: Two Thu., 6-9 PM Begins 9/20
6620AS: Two Wed., 6-9 PM Begins 11/7
6620AT: Two Wed., 6-9 PM Begins 1/9

Dan Murray

“was VERY knowledgeable about the subject. Really enjoyed class...went beyond “intro” level which is great.”

— A. P.

Intro to Tax Lien Investing Investing To Actually Make a Profit

Tax lien certificates are an attractive investment that currently pays 10% interest in the state of Colorado. This fun overview class will cover everything you need to know to attend your first tax sale auction and start profiting: deciding your objectives, selecting the counties you'll target, researching properties, how an auction works, and informative post-sale follow-up tips. In class, get hands-on practice researching tax lien properties and participate in a simulated live auction. View photos of actual tax lien properties and peek at specific investment results. Learn how to manage risk, discover how Internet tax sale auctions work, and unlock some bonus “insider secrets” to get started. **Dan Murray** has purchased over 2000 tax lien certificates and researched thousands of lien properties across four states. He has degrees in engineering and statistics.

\$71 Non-Member \$59 Member
\$15 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6628X: One Tue., 6-10 PM 9/11
6628Y: One Thu., 6-10 PM 10/25

NEW! Solve the Retirement Puzzle

The “Retirement Guy’s” Guide to Financial Well-Being



Piece of mind in retirement is about much more than the size of your 401(k) or your Social Security Check. It's critical to know how to safeguard your hard-earned accumulated assets, develop an adequate stream of guaranteed lifetime income, deal effectively with taxes so that the IRS does not become your #1 beneficiary, protect yourself from the catastrophic costs of long term care and build a legacy for your loved ones. **Steve Geist** is an expert in safe retirement plan strategies. He is the host of the weekly radio show “The Retirement Guy” every Saturday at 7:30 AM on KNUS 710 on the AM dial. Steve will describe the Retirement Puzzle and fit the pieces together to enable you to build a solid plan to enjoy your retirement with greater piece of mind.

\$56 Non-Member \$44 Member
CFU LOWRY: Near 1st & Quebec
1947A: One Tue., 6-9 PM 10/2
1947B: One Sat., 9 AM-12 PM 11/17
1947C: One Thu., 6-9 PM 12/13
1947D: One Thu., 6-9 PM 1/10

Getting Ready for Social Security?

Take This Class First!

If you are approaching eligibility for social security benefits you will find that there are decisions to be made that are much more complex than you may be aware. Not understanding the ins and outs of Social Security could have severe consequences for your future. This information packed seminar will give you what you need to answer the important questions of when to apply for benefits, what to consider when choosing whether to take benefits at age 62, and what the impact of delaying might be. Learn also how spousal and survivor benefits work. Taught by **Lee Claymore**, a certified financial planner with more than 20 years in the business.

Branch office: 6855 S. Havana St. #270, Centennial, CO 80112, (ph) 303-706-1033, Securities offered through Sammons Securities, LLC. Member SIPC/FINRA.

\$36 Non-Member \$24 Member
\$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6603AI: One Tue., 6:30-8:30 PM 9/18
6603AJ: One Tue., 6:30-8:30 PM 10/23
6603AK: One Tue., 6:30-8:30 PM 11/13
6603AL: One Tue., 6:30-8:30 PM 12/18
6603AM: One Tue., 6:30-8:30 PM 1/15

Wills, Trusts, Power of Attorneys, Living Wills Make Sense of It All

Do you need a will or a trust? What is the difference? Can't you just download one from the Internet? Take the mystery out of the many issues surrounding the planning for end of life or illness. Gain a better understanding of what planning your estate means and what your options.

Erica Johnson, JD is an associate at the law firm of Ambler & Keenan, LLC, where her practice emphasizes estate planning and probate.

\$36 Non-Member \$24 Member
CFU LOWRY: Near 1st & Quebec
6625BH: One Tue., 6:30-8 PM 10/16
6625BI: One Tue., 6:30-8 PM 1/15

Receiving Money, Wealth and Abundance Beyond Limitation

The limiting beliefs about money that are conditioned in our sub-conscious minds influence how we handle money and whether or not we claim what we deserve. Examine limiting beliefs such as "I have to work hard for my money" and "no one is making money right now", and discover how you can change your beliefs to bring more abundance into your life. **Maureen McNamara** has been leading programs and training for over 18 years. The second class is a one-hour follow-up conference call.

\$51 Non-Member \$39 Member
\$8 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3537N: Two Thu., 6:30-8 PM 9/13
(2nd class 1 hr on 9/20)

3537O: Two Wed., 6:30-8 PM 10/31
(2nd class 1 hr on 11/7)

Take Financial Control of Your Divorce

When contemplating divorce you can't help wonder how your future will look. Gain an overview of the financial issues that arise when splitting marital assets, such as deciding whether or not to keep the house, maintenance considerations, child support, and how taxes can impact your settlement. **Wendy W. Spencer** is a certified Financial Planner™, a Certified Divorce Financial Analyst, owner of Spencer Capital Strategies, and a professional Family Law Mediator. Ms. Spencer is not an attorney and will not be offering legal advice.

\$46 Non-Member \$34 Member
\$2 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6677AB: One Mon., 6:30-8:30 PM 10/15
6677AC: One Mon., 6:30-8:30 PM 1/28

Thinking of Buying a Condo? Learn the Top 10 Mistakes that Buyers Make!

It's no secret that the Denver condo market is in a slump. Prices have been discounted by 20-30% which presents some terrific buying opportunities. In this fast moving class, discover the right questions to ask in order to properly evaluate a condo community. Learn about the different ways that you can finance a condo in today's new mortgage environment. Don't be put off by Homeowner Associations once you understand how to analyze them. Gain important negotiating tips and find out what factors to consider for resale purposes. Understand the possible shortcomings of condo conversions. Join Colorado attorney and realtor **Norm Replin** for this informative and entertaining seminar. Class is free but you must register to attend.

FREE! Non-Member FREE! Member
CFU LOWRY: Near 1st & Quebec
6806DL: One Sat., 2:30-3 PM 9/15
6806DM: One Thu., 6:30-8 PM 10/18
6806DN: One Sat., 1:30-3 PM 1/26

Selling Your Home? Take This Class First!

The real estate market is slowly changing from a buyer's to seller's market. Getting top dollar for your home requires a well thought out plan and understanding of the home sale process. In this fast moving seminar, develop your own customized plan based upon your particular goals and objectives. Pre-sale topics will include the importance of staging your home to the benefits of getting a professional pre-sale home inspection. Learn tips on how to differentiate your home from all others and how knowing the buyer demographics for your home can help you promote it. Discover how creating a well thought out pricing strategy based on knowledge of your neighborhood real estate statistics is critical. Also, understand how the negotiating process between realtors unfolds to help you put together your strategic plan. Leave with a general understanding of the legal documents and deadlines, including legal pitfalls to avoid. There's no reason to pay a realtor 5-6% of your hard earned home equity to sell your home. Realtor and attorney **Norm Replin** will share his insights. Class is free, but you must register to attend.

FREE! Non-Member FREE! Member
CFU LOWRY: Near 1st & Quebec
6821J: One Thu., 6:30-8 PM 9/13
6821K: One Sat., 2:30-3 PM 10/20
6821L: One Sat., 1:30-3 PM 1/19

How to Not Get Ripped Off When Buying a House

It has become painfully clear that there are serious problems in the mortgage industry. Laws meant to protect the consumer are ignored because mortgage brokers and lenders know that no one is enforcing them. The fundamental issue is that houses are too expensive for most people to buy with suitable loan products, so they buy unsuitable mortgages from those willing to take advantage. **Chris Thomas** of Mortgage Support Services is distressed by the corruption in his industry and offers this free class to help you avoid being ripped off. Some of the topics covered include: why fixed-rate mortgages are a must, understanding closing costs and interest rates, applications and disclosures, how to keep from being conned, and what to do if you think you have been. Learn how to make sure your mortgage broker knows what they're doing. Class is free, but you must register to attend.

FREE! Non-Member FREE! Member
CFU LOWRY: Near 1st & Quebec
6809CP: One Tue., 6:30-9:30 PM 9/18
6809CQ: One Wed., 6:30-9:30 PM 10/10
6809CR: One Wed., 6:30-9:30 PM 11/14
6809CS: One Tue., 6:30-9:30 PM 1/22

Get Your Home Loan Approved! FAQs and Secrets of Mortgage Underwriting

The mortgage approval process is called "underwriting" and everyone who wants a mortgage needs to know how a loan is approved. This class will arm you with the knowledge you must have when talking with a bank or mortgage broker. When you leave this class, you will know the answers to the following questions, and much more: What credit score do I need, and how do I get that score? How much is the down payment? Can someone give me the money for the down payment? How much money do I need in the bank? How long must I have a job? Does my part-time income count? If my spouse has bad credit, can I still get a loan? How much debt can I have? What kind of documentation do I need to show the lender? Do I always need an appraisal? And much more! **Chris Thomas** and his wife (a former underwriter) are some of the top producing mortgage bankers in the state, closing more than \$12 million of loans in 2010.

FREE! Non-Member FREE! Member
CFU LOWRY: Near 1st & Quebec
3503BM: One Thu., 6:30-9:30 PM 9/20
3503BN: One Tue., 6:30-9:30 PM 10/9
3503BO: One Tue., 6:30-9:30 PM 11/13
3503BP: One Wed., 6:30-9:30 PM 1/23

Basics of Managing Rental Property

This course is a must for those first time landlords or a great refresher of the basics for others. Learn the basics when it comes to managing your rental property. Learn about the legal relationship between the Landlord and Tenant as well as basic Fair Housing laws. Learn about lease agreements and essential lease clauses, lease addendums and security deposits. Get an introduction to Colorado's Warranty of Habitability law. We will discuss how to get your rental on the market, screen tenants, and much more to get you started.

Brad Coldiron is considered one of the foremost experts in the State of Colorado on Landlord/Tenant law. He is a graduate of DU law school and is a former president of the Independent Rental Owners Counsel (IROC) and Executive Board Member of the Apartment Association of Metro Denver.

\$71 Non-Member \$59 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6865C: One Sat., 8:30 AM-12:30 PM 9/15

Managing Rental Property 101

If you have a strong knowledge of the basics, this course can help manage your rental property professionally. Get up-to-date information on, and learn in-depth about, Fair Housing laws, Colorado's Warranty of Habitability, and other compliance laws. Receive vital information about essentials on tenant screening, policy and procedures, and how to avoid liability. Learn about evictions from start to finish, record keeping, and handling general problems.

Brad Coldiron.

\$71 Non-Member \$59 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6866F: One Sun., 1-5 PM 9/30

Managing Rental Property 202

Learn how to maximize your profits and minimize your risk to result in better managed, more profitable rental properties. Topics include: legal responsibilities, risk management, insurance, crime prevention, medical marijuana/drugs, how to take control of your property, as well as many other important management issues.

Brad Coldiron. Recommended to take Basics of MRP & MRP 101 prior to this class.

\$71 Non-Member \$59 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6867F: One Fri., 1-5 PM 10/12

Introduction to Real Estate Investing

An overview on essentials of residential real estate investing, including regional price history and trends, current market activity, capital appreciation, depreciation, cost basis, leverage, tax rules for principal residence versus rental property, and terminology used in real estate investing. Learn how to measure profitability and analyze return on investment, how to finance purchases, where to get resource info, and more! There will be a brief discussion of foreclosures, fix-and-flips, selecting tenants and the CLUE report.

Dick Martin has over 30 years experience buying, selling, and managing investment property, with a proven track record helping hundreds realize their dreams of property ownership.

\$66 Non-Member \$54 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6841EA: One Sat., 1-5 PM 10/20

6841EB: One Sat., 1-5 PM 12/1

Beyond the Basics

Real Estate Investing Workshop

For those who have already discovered the advantages of investing in real estate, this workshop will show you the how, what, where, and when to buy. Decide what types of residential properties to acquire, where to buy them, how best to buy them, how to pay for them, and how best to search for them. Analyze several potential investments.

Dick Martin.

\$66 Non-Member \$54 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6843BB: One Sat., 8:30 AM-12:30 PM 9/15

Fortunes in Foreclosures

Any professional real estate investor knows there is a fortune to be made in foreclosures. Learn how to tap this stream of unlimited wealth. Discover how to find bargains, negotiate terms, and structure lucrative deals. Become skilled at dealing effectively with banks and understanding what the banks are looking for so you can negotiate the highest returns.

Kato Mitchell is the lead partner of The Mitchell Team at Keller Williams, the owner of Stressless Transitions Inc., a property management company, as well as an experienced instructor and public speaker.

\$54 Non-Member \$42 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6814Cl: One Tue., 6:30-9:30 PM 10/16

Buying & Fixing Up a House

Whether you are an investor or first-time buyer, learn how to save money in the selection, and finance of a home. Most previously-owned homes on the market today need some repairs. Find out how to spot often hidden, serious home defects. Learn when and how to hire the professional who can most effectively meet your home repair needs. Learn how to prepare your home for repairs and identify the repairs you can make yourself. Learn about foreclosures, short sales, tax liens, 203Ks, and available programs for first-time homebuyers.

Dan Braun is a licensed architect and realtor with over 30 years' experience.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

CENTRAL DENVER: Mexico & Colorado

6802FY: One Sat., 9:30 AM-12:30 PM 9/15

6802GA: One Sat., 9:30 AM-12:30 PM 10/13

6802GB: One Sat., 9:30 AM-12:30 PM 1/12



An Introduction to Sketchup Interior, Home, & Landscape Design for Everyone

Remodeling your kitchen and want to visualize options? How would your house look with a wrap-around porch? Sketchup is a dynamic, free software program that just about anyone can use to accurately build 3D architectural or design models. In class, learn step-by-step exercises to build a design while mastering basic Sketchup skills. Google provides tons of "components" like images of your property, trees, plants and furniture to really bring your design to life.

Matt Hodel, a Sketchup specialist, spent 16 years in the custom home building industry and 10 years working in architecture firms. Students are required to bring a laptop computer with Google Sketchup 8 already installed and a mouse with a wheel button (no CFU desktops or loaner laptops are available). If you need help installing Sketchup—it's free from Google—please contact CFU to get help from the instructor before class.

\$15 materials fee payable in class.

\$141 Non-Member \$129 Member

CFU LOWRY: Near 1st & Quebec

1924B9: One Fri., 9 AM-4 PM 9/28

1924C: One Fri., 9 AM-4 PM 10/19

1924D: One Sat., 9 AM-4 PM 11/17

1924E: One Sat., 9 AM-4 PM 12/15

1924F: One Sat., 9 AM-4 PM 1/26

Last chance for all Managing Rental Property seminars, Beyond the Basics of Real Estate Investing, and Fortunes in Foreclosures

HomeWorks Electricity

Basic Electrical Wiring for the Homeowner

Electricity is a powerful force and one to be respected, but most homeowners can learn to do simple repairs on their home wiring systems. Learn important safety steps and procedures, the essential and simple tools you need, and then spend the bulk of the class practicing hands-on wiring basic home circuits such as receptacles, wall switches, and lights. **Bradford Smith** is a NY state certified teacher who has been teaching building trades and other vocational skills for over 30 years. His classes are largely hands-on and student centered.

\$51 Non-Member \$39 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

6567H: One Wed., 6-9 PM 9/19

6567I9: One Sat., 9 AM-12 PM 10/13

6567J: One Wed., 6-9 PM 1/16

Bradford Smith
is "excellent, very helpful"

— anonymous

NEW! Introduction to Table Saw

Thinking about buying a table saw or finally taking the one you have out of the box? In this beginner's class, learn how table saws work and how to safely maintain and troubleshoot them. Also, learn about blades, different saw manufacturers, alternate fencing systems and accessories. After a thorough discussion of the machine and safety, students will have a chance to practice making straight cuts on plywood sheets and cutting scraps of hardwood.

Ethan Hutchinson is a professional woodworker with 21 years experience. He has taught basic woodworking and furniture design classes.

\$86 Non-Member \$74 Member

\$5 materials fee payable in class

1960A: One Sat., 9 AM-4 PM 10/6

1960B: One Sat., 9 AM-4 PM 11/17

1960C: One Sat., 9 AM-4 PM 1/12

Be Your Own General Contractor & Save Thousands

Most cities and counties allow the owner of the property to serve as their own general contractor. Learn when to go for it yourself and when it's best to hire a general contractor. If you decide to oversee your own project, learn how to organize your project into a step-by-step process in order to plan, bid, and build your dream. If you decide to hire a general contractor, know what to expect and how to check their work. With a degree in Construction Management, **Brian Dotson** owns his own real estate and construction management company.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

\$10 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2093AV: One Wed., 6:30-9 PM 9/19

2093AW: One Wed., 6:30-9 PM 11/14

2093AX: One Wed., 6:30-9 PM 1/16

Organize Your Home! Secrets for Success from the Pros

An organized and clutter-free home is possible to achieve in days versus months or years! Discover four ways clutter and disorganization can impact your life in terms of time, money, health, and safety. Learn the six reasons why it is so hard to get organized and stay that way. **A Major Mom** professional organizer will teach you the basic five-step process professional organizers use.

\$46 Non-Member \$34 Member

TECH CENTER: I-25 & Orchard Rd.

1689CF9: One Sat., 9-11:30 AM 9/29

1689CH: One Sat., 9-11:30 AM 1/19

CFU LOWRY: Near 1st & Quebec

1689CG9: One Sat., 9-11:30 AM 10/20

Tender Loving Dog Care Optimizing Your Pet's Health & Wellness

You know you love your dog! But do you know how to read all the subtle signs he or she is giving you, or how to best respond to those signs to help your pet stay in optimal health long into the senior years? Learn the #1 thing you can do to ensure a healthy life for your dog. Discover an array of holistic and alternative therapies and treatments that relieve pain in your pooch, increase healing, and extend your dog's life. Canine wellness expert **Jennifer Kachnic**, CCMT, CRP, author of *Your Dog's Golden Years* and owner of Canine Wellness, LLC, will guide you through the basics of dog care as well as the lesser well-known alternative therapies. She will be joined in class by one of her certified therapy or service dogs for demonstration purposes, but we ask that you leave your sweet pooch at home.

\$51 Non-Member \$39 Member

\$2 materials fee payable in class

\$15 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

7506S: One Sat., 1-3:30 PM 9/29

7506T: One Thu., 6-8:30 PM 10/18

7506U: One Sat., 1-3:30 PM 11/10

7506V: One Sat., 1-3:30 PM 1/12

Last chance for the season!

Beginning Volleyball

Get introduced to a comprehensive overview of techniques, including bumping, setting, and spiking, and offense and defense. **Sandy Wong** is a registered AA level player and coach.

\$57 Non-Member \$45 Member

\$8 materials fee payable in class

CENTRAL DENVER: Ohio & Franklin

7650GE: Five Tue., 5:30-7 PM Begins 9/11

Intermediate Volleyball

These classes will teach you a comprehensive overview of volleyball techniques. **Sandy Wong** was formerly the head coach of the University of Colorado's men's varsity club teams, and has 28 years of coaching experience.

\$67 Non-Member \$55 Member

\$8 materials fee payable in class

CENTRAL DENVER: Ohio & Franklin

7651GD: Five Wed., 5:30-7:30 PM Begins 9/12

Dances with Branches Recreational Tree Climbing

Join us for recreational tree climbing, a fun activity that uses arborist rope and proven techniques to get that bird's-eye view. No special abilities or strength are required, but participants should be reasonably fit and healthy. **Harv Teitelbaum** is a TCI-certified climbing facilitator.

\$36 Non-Member \$24 Member

\$15 materials fee payable in class

ARVADA: 58th & Allison

7738AT: One Sun., 12 PM-2:30 PM 10/7

Basic Bridge

Designed for new players or dabblers, this course kicks off with an experiential immersion into playing bridge (so you can get a feel for the big picture), and then introduces bidding, playing the hand, and basic tactics. **Norma Sands** has taught bridge for more than 20 years.

\$92 Non-Member \$80 Member

\$15 materials fee payable in class

EAST DENVER: Leetsdale & S. Forest

4610DQ: Six Mon., 7-9 PM Begins 9/10

4610DR: Six Tue., 2:15-4:15 PM Begins 9/11

4610DS: Six Thu., 2:15-4:15 PM Begins 1/10

4610DT: Six Thu., 7-9 PM Begins 1/10

Pool Basics

Learn to play eight and nine ball; the fundamentals of grip, stance and approach; differences in hand and rail bridges; and how to master aim and stroke. **Melissa "the Viper" Little**.

\$61 Non-Member \$49 Member

\$12 materials fee payable in class

CENTRAL DENVER: 18th & Wynkoop

4615CR: One Mon., 7-9 PM 10/15

4615CS: One Mon., 7-9 PM 11/19

Olympic Fencing for Beginners

Fencing is a sport that can be learned and enjoyed at any age. Those new to fencing will learn the basics, and fencers with experience will improve their technique. Drawing on centuries-old traditions, fencing develops balance, agility, and coordination while challenging and conditioning both mind and body. Trainer of nationally and internationally ranked fencers, an international competitor, and a certified coach with the U.S. Fencing Association, **Matthew Jordan**, of the South Denver Fencing Academy (where class is held) has been involved fencing for 20 years. Students should wear sweat pants, a t-shirt, and sneakers. Materials fee covers the use of fencing equipment during class.

\$91 Non-Member \$79 Member
\$30 materials fee payable in class

S.E. DENVER: I-25 & Arapahoe

2437AW: Six Tue., 7:30-9 PM Begins 8/28

2437AX: Six Tue., 7:30-9 PM Begins 10/9

2437AY: Six Tue., 7:30-9 PM Begins 11/20;
Skips 12/25 & 1/1

Basic Bicycle Repair Hands-On Clinic

When you head out on the road or trail, you need to know to perform basic repair and maintenance. You learn the best when you do it yourself. Each session of this hands-on clinic is limited to two students, so you'll get individual coaching, working on your own bike. Cover the A-B-C's (air, breaks and chain), learn to fix a flat, perform a 14-point inspection in a comprehensive safety check, and learn to make shifting and brake adjustments. Mechanics at the **Denver Bicycle Café** teach this clinic in the delightful setting of the café/bike repair shop. Tuition covers some supplies; optional materials fee is for additional repair materials if appropriate. Prior to your class session you will need to provide mechanics at the DBC some information about your bike and any specific problems you would like to address. Class available every Sunday—check website for more dates.

\$72 Non-Member \$60 Member

\$4-\$20 optional materials fee payable in class

CENTRAL DENVER: 17th & Marion

7509AI: One Sun., 2-3 PM 9/9

7509AJ: One Sun., 2-3 PM 9/16

7509AK: One Sun., 2-3 PM 9/23

7509AL: One Sun., 2-3 PM 9/30

7509AM: One Sun., 2-3 PM 10/7

7509AN: One Sun., 2-3 PM 10/14

7509AO: One Sun., 2-3 PM 10/21

7509AP: One Sun., 2-3 PM 10/28

7509AQ: One Sun., 2-3 PM 11/4

7509AR: One Sun., 2-3 PM 11/11

7509AS: One Sun., 2-3 PM 11/18

More dates on CFU website!

Rich McGaughey

“was a riot — really entertaining and a great storyteller” — anonymous

Build Your Own Fine Fly or Casting Rod

Seize this opportunity to build your own custom fly, casting graphite, or bamboo rod that will give you years of angling pleasure. Or make one for a fishing friend for a gift. It is really easy—like crazy easy—and yours will be a unique and beautiful rod. This three-session class will take you through the entire rod building process. Bring your own blank and accessories (you'll be given the instructor's contact information to get a supply list once you register), and **Rich “Mac” McGaughey** will show you how to put them all together to make your own custom rod. A fourth session is scheduled one-on-one with the instructor. Rich is a custom rod builder, antique rod appraiser, and dealer. If you've always wanted a fine unique rod, you can build one at half the retail cost. A \$10 materials fee will be collected on the first date of class to cover thread, glue, tools, and rod finish.

\$96 Non-Member \$84 Member

\$10 materials fee payable in class

WESTMINSTER: 112th & Federal

7414Q: Three Tue., 6-9 PM Begins 9/25

7414R: Three Mon., 6-9 PM Begins 11/19

Women's Nite Out

New to Denver? Recently single? Tired of sitting home on Saturday nights? Join other single and married women age 45+ for social outings to restaurants, plays, concerts, cooking classes, tours, wine tastings, etc. Meet one Saturday to suggest/vote on ideas for the quarter, then each weekend attend an event that appeals to you. Activities vary in price, are throughout the metro area, and you pay only for the outing(s) you want to attend (in addition to membership). This successful group has been active for 25+ years. **Mary Crier** has been a member for 9 years and now facilitates the group. Required: Please remember to bring your student confirmation ticket to the first class.

\$37 Non-Member \$25 Member

CFU LOWRY: Near 1st & Quebec

4125BH: One Sat., 10:30 AM-12 PM 9/8

4125BI: One Sat., 10:30 AM-12 PM 1/12

Scenic Cemetery Strolls

Meet with Denver's deadbeats. Head into the cities of the dead and find out about the spirits who haunt the city



as we take weekly strolls through four of the town's historic cemeteries. Learn why there are more than 2,000 bodies in Cheesman Park and where they are located. We'll also check out the diggings in Riverside, Fairmount, and Mount Olivet cemeteries.

Phil Goodstein.

\$56 Non-Member

\$44 Member

CENTRAL DENVER: Cheesman Park

4105AG: Four Sun., 11 AM-1 PM Begins 9/16

Ghost Walk On Capitol Hill

Spooks and spirits haunt Denver. Many hover near the Capitol. Come try to invoke some during a pleasant, relaxed two-hour stroll around parts of Capitol Hill.

In addition to ghostly embodiments, we'll also explore some of the architecture, history, and sex scandals of the region.

Be advised: Salty language will be used to describe seamy behavior. **Phil Goodstein** is a well-known Denver historian who has been hosting walking tours of Denver for many years.

\$31 Non-Member

\$19 Member

CENTRAL DENVER: Colfax & Grant

4111DX: One Sat., 7-9 PM 9/15

4111DY: One Fri., 7-9 PM 10/19

4111EA: One Sat., 7-9 PM 10/20

4111EB: One Fri., 7-9 PM 10/26

4111EC: One Sat., 7-9 PM 10/27

4111ED: One Wed., 7-9 PM 10/31

The Ghosts of Cheesman Park

There are more than 2,000 bodies buried in Cheesman Park! The location of the Changeling is adjacent to it. Bizarre events sometimes occur there late at night, and supposedly there is a spot in the park where an object never casts a shadow at high noon. Exactly what is going on, the history of the park, its spirits, and nearby houses are featured on this walking tour. **Phil Goodstein.**

\$27 Non-Member

\$15 Member

CENTRAL DENVER: Cheesman Park

4114BE: One Sun., 11 AM-1 PM 9/16

4114BF: One Sat., 11 AM-1 PM 10/13

Historian **Phil Goodstein** has gained wide notoriety with his walking tours of Denver. He is also the author of several books on Denver history. Please be advised that in view of some people's extreme sensitivity to tobacco smoke, and for the enjoyment of all, these tours are non-smoking.

NEW! Low Glycemic and Raw Halloween Tricks & Treats

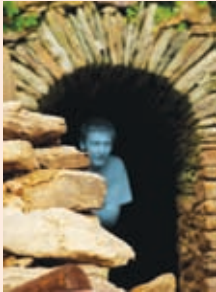
Learn how to gross out your guests while pleasing their palates, just in time for Halloween parties, in a healthy and fairly low-glycemic way! We'll be feasting on an appetizer plate of cucumber "eyeballs", carrot "fingers", cauliflower "brains", "bloody" salsa dip, guacamole bats, and more. We'll be making Frankenstein banana faces, strawberry chocolate fangs, chocolate strawberry owls, chocolate spiders, fig witches, date roaches on a stick, bloody almond fingers and a couple "candy" bars. Eighty percent of the recipes are raw, all are gluten and dairy free, healthy and low in sugars. **Katie Bauer**, MA, CNE, CH, is a nutrition therapist, clinical herbalist, healing foods chef and owner of Nourished Health Center. This class is free of meat, dairy, eggs, all grains (including gluten-containing ones) and soy. Other food intolerances or dietary choices may be accommodated with prior notice.

\$51 Non-Member \$39 Member
\$20 materials fee payable in class
CENTRAL DENVER: 17th & Downing
1967A: One Sun., 1:30-4:30 PM 10/28

Ghosts Caught on Film Exploring the Mysteries of Spirit Photography

Do you believe in ghosts? Would you if one was caught on film? Take a look at the history of "spirit" photography from the Civil War to today and learn about the various types of spirit photos known. Hear the stories behind some of the better known spirit photos out there and take a peek at the author's own private collection of spirit photos collected over the last few years. This presentation by local author and paranormal researcher **J. Allan Danelek** Lecture will include learning how to spot a hoax, what sort of natural explanations might explain some photos, and how to determine if one has captured something truly paranormal on their camera. Signed copies of the book *The Case for Ghosts* will be available for optional purchase.

\$46 Non-Member \$34 Member
\$14 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
5211T: One Fri., 7-9 PM 10/5
5211U: One Sat., 1-3 PM 10/27



©Jana Horovic | dreamstime.com

NEW! Cake Decorating 101

Learn the basics of cake decorating in one fun, easy class. Bring an 8" round cake (or buy a "dummy cake" from the teacher) and learn to layer, frost, and then beautifully embellish the cake with buttercream icing. Learn all about icing, and practice making stars, flowers, roses, rosettes, leaves, borders, handwriting, and more. The materials fee covers a complete, reusable kit of supplies. **Yolanda Ochoa** has a culinary certificate in pastry and baking and has been decorating cakes as a business for 12 years. Bring a container to take your cake home in.

\$56 Non-Member \$44 Member
\$25 materials fee payable in class
\$10 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1956A: One Sun., 1-4 PM 9/23
1956B: One Sun., 9 AM-12 PM 11/11
1956C: One Sun., 9 AM-12 PM 12/16

Chocolate Fantasy

Create your own chocolate shop at home for a fraction of the cost and using the ingredients of your choice. Work with different chocolate types and forms to create several desserts, indulge in a formal chocolate tasting, show and tell, and a chocolate dessert bar at the end of class. Each month's menu will include seasonal holiday selections of gourmet chocolate barks, bon-bons or truffles, and grown-up versions of retro favorites like puddings and candy bars. **Robin Vives**, is a personal chef, cooking instructor, recipe developer, and food historian for over 20 years.

\$56 Non-Member \$44 Member
\$21 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6208M: One Sat., 1-4 PM 9/15
6208N: One Sun., 1-4 PM 10/28
6208P: One Sat., 1-4 PM 12/15

Cupcake Love

Ahh, cupcakes! Fun, portable, and a perfect bit of sweet indulgence. Join us for a fabulous evening mixing, baking, and decorating cupcakes. Using both traditional and "creative" flavor pairings such as mint chocolate chip, key lime, or pina colada (alcohol-free), learn to bake, frost, and decorate cupcakes like a pro. Take home a box of your own dazzling cupcake creations and recipes. **Chelly Vitry** owns Denver Gourmet Tours, a local culinary tour company.

\$61 Non-Member \$49 Member
\$15 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6018P: One Tue., 6-9 PM 9/25
6018Q: One Tue., 6-9 PM 10/23
6018R: One Tue., 6-9 PM 12/4
6018S: One Wed., 6-9 PM 1/23

High Altitude Baking

Tired of droopy cakes and flat cookies and muffins? The secret to beautifully textured, lofty baked goods is adjusting for high altitude—yes, even here in Denver. In this tasty class, learn the correct adjustments ensuring that all your baked goods turn out perfectly every time. We'll make snickerdoodles and healthy blueberry muffins in class. Taste and take home samples one of **Randi's** favorite seasonal recipes. Each student will have the opportunity to prepare and sample recipes, as well as receive copies of each recipe prepared. Leave the class knowing how to successfully adjust your own recipes for use in high altitude. **Randi Levin**, aka the Muffin Lady, has been baking ever since she was big enough to climb on a chair and reach the counter. She has published two popular and award-winning cookbooks, *Baking at High Altitude* and *Sharing Mountain Recipes*. Both are available for optional purchase in class for you and yours, at a significant discount.

\$46 Non-Member \$34 Member
\$15 materials fee payable in class
\$10-15 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6024AH: One Wed., 6-8:30 PM 9/19
6024AI: One Sat., 9:30 AM-12 PM 10/20
6024AJ: One Sat., 9:30 AM-12 PM 11/10
6024AK: One Sat., 9:30 AM-12 PM 12/15

Tea for the Duchess of Bedfordshire

"There are few hours in life more agreeable than the hour dedicated to the ceremony known as afternoon tea." — Henry James, *The Portrait of a Lady*

Tables laden with fresh scones, jams, cakes and dainty sandwiches, all to be washed down with pots of tea at four o'clock in the afternoon, is a truly great British tradition.

Rachel Iacino, a local British resident and Cordon Bleu chef, will teach you how to prepare some of the classic teatime favorites that she grew up with in her native country. Class is demonstration and some hands-on. Enjoy the fruits of your labor with your fellow students over a pot of fresh tea. On the menu: apricot orange cake; chocolate eclairs; drop scones with honey butter; chicken walnut sandwiches; and a selection of tea.

\$51 Non-Member \$39 Member
\$14 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6200U: One Sat., 1:30-4:30 PM 9/8
6200V: One Sat., 1:30-4:30 PM 10/20
6200W: One Sun., 1:30-4:30 PM 11/18
6200X: One Sun., 1:30-4:30 PM 12/16
6200Y: One Sat., 1:30-4:30 PM 1/12

Basics of Cooking Series

Take one or all of this basic cooking series and learn standard cooking techniques that you will encounter and use in many recipes, both in class and out. All classes will use simple, fresh ingredients-local and seasonal-as much as possible. **Rachel Iacino** is a British Cordon Bleu chef and Denver resident for the last 13 years. Leave with recipes and handy tips to take home. Class is demonstration and some hands-on.

Desserts: Cakes, Creams, & Tarts: Dark chocolate and cherry roulade; fresh lemon tart; tiramisu with Amaretti

Chicken & Vegetables Roasting, Soups, Gravy: roast chicken with lemon, thyme and roast garlic, easy gravy, roasted vegetables, chicken noodle soup.

Meats & Potatoes/Pasta: Roasted rosemary & garlic pork loin with apple relish; lasagna al forno with traditional Ragu Bolognese and special tutorial on Bechamel sauce

Fish & Shellfish: Baked, Fried, Braised, & Grilled Menu: Thai style shrimp and noodles in coconut broth, grilled fish tacos with salsa and lime, baked trout parcels with herb stuffing, sole po'boy sandwiches with tartare sauce. The materials fee for this class is slightly higher to cover the greater expense of seafood ingredients.

\$51 Non-Member \$39 Member
\$17 (\$20 fish/\$14 desserts) materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6030AJ: One Thu., 6-9 PM 9/6 (chicken)
6030AK: One Thu., 6-9 PM 10/18 (meat)
6030AL: One Thu., 6-9 PM 11/15 (fish)
6030AM: One Thu., 6-9 PM 12/13 (dessert)
6030AN: One Thu., 6-9 PM 1/10 (chicken)

Naturally Gluten Free Cooking

It is not your imagination; gluten intolerance is on the rise and has doubled in the last 20 years. If you are gluten sensitive or have been diagnosed with celiac disease then this class is for you. Learn to cook easy, nourishing and naturally gluten free meals without giving in to processed, frozen, and packaged gluten free items. All ingredients are naturally gluten free and can be found at local stores. **Elizabeth Di Biase**, RD, LDN is a registered dietitian, certified wellness coach and weight management counselor. She was diagnosed with celiac disease over 10 years ago and has perfected the art of eating and living gluten free.

\$51 Non-Member \$39 Member
\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6028V: One Thu., 6-8:30 PM 9/20
6028W: One Wed., 6-8:30 PM 10/24
6028X: One Wed., 6-8:30 PM 1/9

Quick and Easy Raw Food Fusion

If you're curious about the health benefits of a raw food diet, join this fun cooking class and learn how you can include more raw foods in your diet with this "fusion" approach. Demystify raw food preparation and discuss how to combine raw foods with more traditional cooked fare to amplify your nutrition, increase enzymes, support digestive health, and increase your fiber intake. In class, prepare a variety of recipes to take advantage of seasonal ingredients. Classes marked "general" focus on everyday raw cooking while those marked "holiday" teach how to make raw holiday sides and treats. Visit the CFU website for details and menus for each session. **Katie Bauer**, MA, CNE, CH, is a nutrition therapist, clinical herbalist, healing foods chef and owner of Nourished Health Center. This class is free of meat, dairy, eggs, all grains (including gluten-containing ones) and soy. Other food intolerances or dietary choices may be accommodated with prior notice.

\$51 Non-Member \$39 Member
\$20 materials fee payable in class

CENTRAL DENVER: 17th & Downing
2585AN: One Sun., 1:30-4:30 PM 9/9 (general)
2585AO: One Sun., 1:30-4:30 PM 11/11 (holiday)
2585AP: One Sat., 1:30-4:30 PM 12/8 (holiday)
2585AQ: One Sun., 1:30-4:30 PM 1/6 (general)

Low Glycemic Cooking Balance Your Blood Sugar, Boost Your Energy

Many doctors and health professionals recommend a low glycemic diet. Learn to prepare delicious meals that are low in grains and sugars and may help you balance blood sugar, reduce inflammation, and support your metabolism and weight loss goals. Discover recipes that are easy to prepare and just as delicious as the traditional, but less healthful ones. Classes marked "general" prepare everyday, low glycemic recipes and those marked "holiday" focus on healthier holiday side dishes and desserts. Visit the CFU website for details and menus. **Katie Bauer**, MA, CNE, CH, is a nutrition therapist, clinical herbalist, healing foods chef and owner of Nourished Health Center. This class is free of meat, dairy, eggs, all grains (including gluten-containing ones) and soy. Other food intolerances or dietary choices may be accommodated with prior notice.

\$51 Non-Member \$39 Member
\$20 materials fee payable in class

CENTRAL DENVER: 17th & Downing
5429O: One Sun., 1:30-4:30 PM 9/16 (general)
5429P: One Sat., 1:30-4:30 PM 11/10 (holiday)
5429Q: One Sun., 1:30-4:30 PM 12/9 (holiday)
5429R: One Sat., 1:30-4:30 PM 1/5 (general)

International Vegetarian

Tired of bland tofu dishes and uninspired salads? Join Robin Vives, international cuisine historian, in an exciting and delicious exploration of the world of traditional international vegan cooking. Each class will guide you through a vegan food adventure, using locally available ingredients without the need for special equipment. Receive handouts complete with instructions, recipes, shopping and ingredient guides. Each class ends with a yummy vegetarian feast and is sure to give you a bright new outlook on vegan eating and entertaining. **Robin Vives** is a personal chef, cooking instructor for children and adults, recipe developer and food historian for over 20 years.

\$51 Non-Member \$39 Member
\$16 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6215AL: One Sat., 9:30 AM-12:30 PM 10/6
6215AM: One Sun., 1-4 PM 12/9
6215AN: One Sat., 1-4 PM 1/5

Robin Vives

is "a fantastic instructor. She is engaging and informed."

— anonymous



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A World of Dumplings

Think you can't make delicious Asian dumplings at home? Think you have to buy frozen pierogis or pot stickers? Come to this hands-on class to find out how fun and easy it is to make these delicious treats at home. Whether the dumplings are sweet or savory, steamed, boiled, or fried-you will learn easy techniques for filling and forming classic dumpling favorites from the world of dumpling traditions. The class includes easy instructions, shopping tips, and a handout complete with recipes and other helpful information. Each month's selection changes to include different Asian and European dumplings using several dumpling techniques, including surprise "bonus" recipes. Enjoy a yummy "dumpling party" at the end of each class. **Robin Vives** has been a personal chef, cooking instructor, cooking party instructor, recipe developer and food historian for over 20 years.

\$51 Non-Member \$39 Member
\$21 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
6301M: One Sat., 1-4 PM 9/29
6301N: One Sat., 1-4 PM 11/3
6301O: One Sat., 1-4 PM 12/22
6301P: One Sat., 1-4 PM 1/19

Jams, Jellies, & Preserves Learn to Can

Canning can be a year-round process. Find out how jams, jellies, and preserves should really taste! Make your own delicious products without the additional preservatives and chemicals that are found in grocery store fare. Learn about the different methods of canning and preserving and then work in class with the water bath canning method, making two different recipes. Leave with samples, recipes, and resources for getting the products you'll need to make healthy flavorful products on your own. **Steve Bass** comes from a long line of canners. His love of the art is infectious and he is eager to share what he has learned over his 15 years of testing recipes.

\$56 Non-Member \$44 Member
\$25 materials fee payable in class
\$6-\$8 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6222X: One Sat., 9 AM-12:30 PM 9/8
6222Y: One Sat., 9 AM-12:30 PM 10/27
6222AA: One Sat., 9 AM-12:30 PM 12/8
6222AB: One Sat., 9 AM-12:30 PM 1/26

Gourmet Jams & Jellies Beyond the Basics

Learn how to put your signature on your homemade jams and jellies. In this class, we explore the addition of spices, flavored liquors, or heat to compliment the fruit flavor with the appropriate addition. Make two different recipes in class. Leave with samples, recipes, and resources for getting the ingredients for your signature products.

Steve Bass.

\$56 Non-Member \$44 Member
\$25 materials fee payable in class
\$6-8 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6223T: One Sun., 9 AM-12:30 PM 9/30
6223U: One Sun., 9 AM-12:30 PM 10/14
6223V: One Sun., 9 AM-12:30 PM 11/18
6223W: One Sun., 9 AM-12:30 PM 1/13

The Joy of Pickling

Pickling can be one of the easiest ways to preserve your garden or farmer's market harvest (vegetables or fruit). We will look at the different methods used in pickling. You will do hands on sweet, dill, and hot & spicy recipes using the water bath canning method. **Steve Bass.**

\$56 Non-Member \$44 Member
\$25 materials fee payable in class
\$6-\$8 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6224X: One Sat., 9 AM-12:30 PM 9/22
6224Y: One Sat., 9 AM-12:30 PM 12/22
6224AA: One Sat., 9 AM-12:30 PM 1/12

Make Your Own Cheese

Cheese making is an ancient art that has been practiced since the domestication of animals. Join us to learn this ancient skill while creating a variety of soft and hard cheeses. This class includes lots of hands-on participation combined with demonstration. We will be making cottage cheese, ricotta, mozzarella, feta and more, as well as cooking and eating a special cheesy lunch. **Rich McGaughey**, a strong proponent of self-sufficiency, has been making cheese at home for 25 years.

\$71 Non-Member \$59 Member
\$10 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6205AL9: Three Sun., 1-4 PM Begins 9/30; Skips 10/7
6205AM: Three Tue., 6-9 PM Begins 10/30
6205AN: Three Mon., 6-9 PM Begins 1/7

Brie Cheese Making at Home

Learn how to make classic Brie and take home two 1-pound wheels ready for aging in your home. Aging requires a 55° environment for one month to make this cheese. Come, participate, and enjoy tasting some delicious hard cheeses even if you don't have an aging refrigerator and won't be taking cheese home (we'll talk more about aging requirements in class, too). Pay \$10 to take cheese home, or \$5 fee to just sample. **Rich McGaughey.**

\$61 Non-Member \$49 Member
\$5-10 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6212R: One Sun., 1-6 PM 9/9
6212S: One Sat., 1-6 PM 11/10

Cheddar Cheese Making at Home

Learn how to make your own delicious cheddar cheese. A home cheese press (50 pounds, 24 hours) and an aging environment (at 55° for 3 months) are required to make this cheese. Take home a 2-pound wheel of homemade cheddar cheese. You may come and participate without taking any cheese home if you don't have a press. We will be tasting other homemade hard cheese and making lunch with a fresh soft cheese. Both presses and kits available for purchase. **Rich McGaughey** is a cheese man extraordinaire.

\$67 Non-Member \$55 Member
\$5-10 materials fee payable in class
\$20-150 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
62130: One Sat. 9-5 PM 11/17 & One Wed.,
6-8 PM 11/21
6213P: One Sun. 9-5 PM 1/27 & One Wed.,
6-8 PM 1/30

NEW! Cheese Tasting 101

Cheese, like wine, is an ancient treat that tastes better the more you understand it. Have a great time sampling wonderful cheeses and begin your own personal cheese journey. With a decade of experience and a wealth of knowledge working with cheese,

Devin Lamma will guide you around the world of cheese and explain the essentials. Through tasting, structured discussion, and Q&A, you'll learn the basics about what cheese actually is, how it's made, and how cheeses are typically classified. Experiment with tasting techniques by experiencing some of the true legends in cheese history. Leave with knowledge that will help you select appropriate cheeses for entertaining or personal enjoyment.

\$46 Non-Member \$34 Member
\$10 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1948A: One Tue., 6:30-8:30 PM 9/18
1948B: One Tue., 6:30-8:30 PM 10/16
1948C: One Tue., 6:30-8:30 PM 1/22

Knife Skills Tips, Tricks, & Techniques Used by Professional Chefs

Beginning and experienced home cooks can save time in the kitchen, while working safely with confidence. Start by learning how to select the right knife for you and the task. Move on to proper knife handling techniques, safety tips, proper knife care, sharpening, and storage. Students will learn to slice, dice, fine dice/brunoise, chop, mince, julienne, stick/batonette, and fine shred/chiffonade, and make a recipe in class that uses many of those techniques. If you have a good chef knife bring it to class, as each one is as individual as you are, and bring a cutting board if you have one. **Trusan** has spent many years in the culinary world working with world-class chefs and offers private in-home cooking classes, as well as personal chef and catering services. He is excited to share his love and knowledge of cooking along with his experiences and stories. The materials fee includes food and handouts.

\$57 Non-Member \$45 Member
\$8 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
6250AP: One Wed., 6-9 PM 9/12
6250AQ: One Wed., 6-9 PM 10/17
6250AR: One Wed., 6-9 PM 11/14
6250AS: One Wed., 6-9 PM 12/12
6250AT: One Wed., 6-9 PM 1/16



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NEW! The Art of Wine and Cheese Pairing Life at Its Best!

Life is richer when we truly savor our pleasures. Cheese and wine are a heavenly combination, even more so when there is a method behind the marriage. Discover the wonders of pairing cheese with wine. Learn the basics of tasting each delight individually then experience how the synergy between them enhances the experience. You will learn to taste like a professional, decode your palate, and decipher its many sensations. You'll leave knowing how to make wonderful things happen again and again on a less than average Monday night in your very own home or at your next holiday gathering. Cheese connoisseur **Devin Lamma** of Whole Foods Cherry Creek and sommelier/wine consultant **Ashley Hausman** will open your eyes and tongues to a fascinating world of wine and cheese. \$51 Non-Member \$39 Member \$20 materials fee payable at registration **CFU LOWRY:** Near 1st & Quebec 1973B: One Thu., 6-9 PM 11/15

Le Confusion of French Wine A Crash Course

Ever feel like if you could decode French labels, then perhaps you would give this famous region a try? Well, with a little help, they may not leave you so bewildered! Join **Ashley Hausman**, certified sommelier, as she sips you through this wondrous wine country. Taste your way through the most famous regions: Bordeaux, Burgundy, Loire, Rhone, Languedoc, and Alsace. Take this class and you can take on any French aisle in local wine shops! \$51 Non-Member \$39 Member \$15 materials fee collected at time of registration **CFU LOWRY:** Near 1st & Quebec 6253C: One Sun., 6:30-8:30 PM 9/23 6253D: One Tue., 6:30-8:30 PM 1/8

The Many Faces of Malbec

People are bonkers for this jazzy Argentine varietal. Malbec is without a doubt hitting its stride and having its heyday. With all the hype, however, its identity gets a bit buried. What is Malbec? How do viticultural decisions, climate, region and soil make a difference in its expression? For those of you who cannot possibly think of a better way to pass a Saturday night than sipping through six Malbecs, this class is for you! **Ashley Hausman** is a certified sommelier. \$51 Non-Member \$39 Member \$15 materials fee collected at time of registration **CFU LOWRY:** Near 1st & Quebec 6254D: One Thu., 6:30-8:30 PM 11/8

Wine and Food Pairing Make the Matches that Enhance Flavor

Ever bought a wine you liked at a restaurant but found it lacking when you served it at home? In this tasting class, discover principles of wine and food pairing and find out why proper pairing can actually make or break a dish you worked hard to make (or pay for!). **Ashley Hausman** will explain a few simple rules, dispel common myths about the dos and don'ts, and then guide you through several tastings so that you can really experience how pairing works. A wine buyer for a local wine store, Ashley is a sommelier through the Court of Master Sommeliers and has her certification as a Spanish wine expert through the Spanish Wine Academy. She recently took her advanced exam for the Wine and Spirit Education Trust and is on track to become a Master of Wine. She will have you enjoying your meals to the max in no time! Must be 21 and bring valid driver's license. No refunds for materials fee under 72 hours prior to class start. \$51 Non-Member \$39 Member \$15 materials fee collected at time of registration **CFU LOWRY:** Near 1st & Quebec 6056M: One Sat., 7-9 PM 10/27 6056N: One Thu., 6:30-8:30 PM 12/6

Chocolate and Wine Pairing Find a Bit of Heaven on Earth

Julie Pech, international speaker and author of *The Chocolate Therapist: A User's Guide to the Extraordinary Health Benefits of Chocolate* hosts this entertaining and educational event. Your evening begins with a selection of international chocolates from five different countries. Learn how to eat chocolate properly and discover your favorite as you compare flavors, scents, and textures. Following the international tasting, you'll sample four different wines, each paired with specially-infused chocolates with nuts, berries, and spices designed to bring out the flavors in both the wine and the chocolate. The materials fee includes four varieties of wine, 13 different chocolates, and a folder of handouts for your own future chocolate and wine gathering. The optional \$10 materials fee is for a special discounted copy of Julie's book, *The Chocolate Therapist*. You must be 21 or older with a valid I.D. \$41 Non-Member \$29 Member \$10 materials fee payable in class \$10 optional materials fee payable in class **CFU LOWRY:** Near 1st & Quebec 6207BN: One Fri., 6:30-8:30 PM 9/21 6207BO: One Thu., 6:30-8:30 PM 10/25 6207BP: One Fri., 6:30-8:30 PM 11/30 6207BQ: One Fri., 6:30-8:30 PM 1/25

NEW! Mid-Life Dating for Women

Negotiating the dating world can be intimidating and demoralizing. Don't go out into the jungle alone. Join other awesome women for a fun-filled, interactive workshop where you will learn practical strategies to anchor the unwavering self-confidence you need to get what you want! Discover how to avoid the seven emotional traps that keep you stuck; shift your focus and energy to magnetize the man you desire and deserve; overcome loneliness and neediness; read your dates more accurately; conquer fear and worry; defeat emotional pain and rejection; fall in love with your body-just the way it is; and get your sexy back! Certified life coach **Cheryl Bartlett** is a graduate of the world-renowned Mastery University and Leadership Academy by Anthony Robbins where she learned from top world achievers such as Dr. John Gray (Mars and Venus). Cheryl is also single at 50 and is excited to share the journey with you. \$91 Non-Member \$79 Member \$2 materials fee payable in class **CFU LOWRY:** Near 1st & Quebec 1951A: One Sat., 9 AM-4 PM 10/13 1951B: One Sat., 9 AM-4 PM 12/8 1951C: One Sat., 9 AM-4 PM 1/26

NEW! Demystifying Online Dating Tips & Tricks to Successful Connections

Are you ready to venture into the online dating world, but don't know where to begin? Perhaps you've given it a try without much benefit. In this fun and supportive class get an overview of online dating sites and how to select ones that are right for you. Get a better understanding of how to read profiles and begin creating a successful profile of your own. Discuss the dos and don'ts of online dating etiquette, including gender specific tips, and how to stay safe. We will cover e-mail and text flirting techniques for use in the modern dating world, how to select photos to use in your profile, and how to identify potential red flags. **Tracy Fagan** is a certified life coach and the author of *Gratitude, Giggles & Grace*, a humorous look at her personal dating journey and the self-growth she accomplished in the process. \$51 Non-Member \$39 Member \$2 materials fee payable in class \$15 optional materials fee payable in class **CFU LOWRY:** Near 1st & Quebec 1972B: One Tue., 6-9 PM 10/2 1972C: One Mon., 6-9 PM 11/5 1972D: One Fri., 1-4 PM 12/7 1972E: One Tues., 6-9 PM 1/8

NEW! The Beethoven Model Creativity Workshop

How do you sustain a creative life while living in the perfect storm of 21st century demands and unpredictability? This creativity workshop takes a lesson from Beethoven, whose final years were marked by his hearing loss and the realization that the decline was irreversible. These challenges forced him-or perhaps allowed him-to discover and explore new approaches to life and art. With Beethoven as mentor and using examples from his life, words, and music, we'll identify four essential insights to help you take guidance from your own strengths, passions, needs, and values. Class includes hands-on exercises in progressive creativity such as creative listening; mind mapping; constructive daydreaming; free form drawing and writing; coloring; and letters to Beethoven. **Beth Rypkema** of Art Career Essentials has over 25 years of experience in the arts, business, and teaching, and has developed programs for the Cherry Creek Arts Festival, Denver Center Media, and more.



\$51 Non-Member \$39 Member
\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1970A: One Sat., 9 AM-12 PM 10/27
1970B: One Sat., 9 AM-12 PM 1/12

Innovate! Become a Leader in Your Field

Creativity is rated to be the #1 leadership quality needed by CEOs in recent years. Whether you're an aspiring entrepreneur, business-owner, or work in a creative field, creativity will teach you how to spot new opportunities and exploit them. Learn the six universal steps of creativity that you can instantly apply to any industry, job, or problem and how to avoid the four roadblocks that instantly stop creativity. Then learn how to align with your brain's natural abilities to make creativity easy and fun. This class combines lecture, short videos, exercises, and interaction. Leave with new strategies for innovation and receive a workbook that will guide your creativity in the future. Author, speaker, and consultant **Drew Volle** draws on a wide range of research and experience to explain the creative process. Watch a promo video at <http://www.freeu.com/creativity-class-with-drew-volle/>

\$51 Non-Member \$39 Member
\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
2090Q: One Sat., 1-4:30 PM 10/13
2090R: One Sat., 1-4:30 PM 12/1

NEW! The Inner Beauty Journey

You can't look good on the outside if you don't feel good on the inside. You can spend time, energy and money to look awesome, only to blow the glamour by feeling stressed, fatigued, or unhappy. Beauty in a woman is an inner state of grace that beams from her soul and radiates outwards for all to enjoy. When your spirit, compassion, respect, kindness, playfulness, joy, vitality, peace, hope, and self love shine through, others see your beauty. Certified coach **Cheryl Bartlett** brings over a decade of experience to this powerful workshop. Understand the difference between superficial beauty and magnificence; learn how to become the gentler, more understanding you; reconnect with what it really means to be a woman; train yourself to be confident, self-empowered and kind at the same time; transform your problems and "imperfections" into divine wisdom; override nagging negative self-talk, worry and anxiety; become a master at self love; and unveil the inner feminine grace that every woman possesses.

\$96 Non-Member \$84 Member
\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1950A: One Sat., 9 AM-5 PM 11/3
1950B: One Sat., 9 AM-5 PM 1/19

Find Your Way with Vision Boards

Are you truly happy with where your life is at this time? Has time been getting away from you and you still have not accomplished some life goals you envisioned for yourself? Don't know what your goals are? Join **Jami Yanoski**, Certified Vision Board Counselor, for a fun, creative, energizing vision board class that requires no art experience, just your willingness to let go and think big. Vision boards are a compilation of images and words that you assemble to create clarity and focus around a goal, making it more tangible. This vision board class starts with some gratitude exercises then continues on with some brainstorming, visioning, and life goal generation. We finish by creating our vision boards by flipping through magazines, finding images and power words that represent our goals. The goals could be anything from learning to tango, buying a new car, paying down debt, or writing a book.

\$51 Non-Member \$39 Member
\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
20830: One Sat., 1-3:30 PM 9/8
2083P: One Wed., 6-8:30 PM 10/10
2083Q: One Sat., 1-3:30 PM 12/8

Mission Possible! Rekindle Your Passions, Pursue Your Dreams

If you are ready to reinvent your life, professionally or personally, this class is for you. Rediscover the passions that you've lost touch with, learn why big change runs into big resistance, and find out how you can move through the obstacles and realign yourself with your heart. Through discussion and in-class exercises you will remember what really matters to you and find the clarity and confidence to pursue your life's mission. **Kevin Rhodes**.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec
2635S: One Sat., 1-4 PM 9/15
2635T: One Sat., 1-4 PM 10/13
2635U: One Sat., 1-4 PM 11/3
2635V: One Sat., 1-4 PM 1/12

Life in the Gap Translating Inspiration into Action

You go on a retreat, read a book, attend a seminar and feel inspired to make big changes. Then Monday morning comes and you wonder, "What was I thinking?!" What happened? You just took a fencer into "the Gap"—the distance between who we are and who we want to be, what we have and what we want. This workshop teaches you where "the Gap" comes from, why it's a necessary part of achieving goals, and how to make it work for you instead of against you. Learn what's really blocking you and how to get unstuck. **Kevin Rhodes** left a successful law practice to pursue a creative dream. Bring paper and pen or a laptop and be prepared to keep moving forward!

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec
2540D: One Sat., 1-4 PM 9/29
2540E9: One Sat., 1-4 PM 10/27
2540F: One Sat., 1-4 PM 12/1
2540G: One Sat., 1-4 PM 1/19

The Four Agreements

We can reshape our lives into a design of our choice. Using principles from *The Four Agreements* by Don Miguel Ruiz, join this fascinating and life-changing class and learn the four simple steps that will change your life. 1. Be impeccable with your word. 2. Don't take things personally. 3. Don't make assumptions. 4. Always do your best. Sound simple? Yes, and therein lies your power and the challenge. Join professional speaker and award-winning author **Janice Hoffman** and other classmates in learning how to apply these agreements to your daily life.

\$56 Non-Member \$44 Member

CFU LOWRY: Near 1st & Quebec
4215AA: Two Tue., 6:30-9 PM Begins 10/23

Stand Tall in Who You Are!

Do you know deep inside that you are an amazing and magnificent person, worthy of happiness? When you truly appreciate yourself, many positive changes show up in your life. You create more joy and inner peace when you cultivate your positive self-image. Those around you and, in a small way, the planet, benefit. This interactive seminar will show you how to enhance your self-esteem. Explore your gifts and talents, learn simple tools for being happier, and find out how you can appreciate yourself more. You'll also experience an uplifting meditation, explore the meaning of Oneness, and learn why feeling great about yourself is not selfish. **Kate Heartsong** is a speaker, workshop facilitator, and author of the book *Deeply We Are One*. She is a contributing author to the book *Speaking Your Truth*, has appeared on several radio shows and a Boulder TV show.

\$46 Non-Member \$34 Member
\$16 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1933C: One Mon., 6:30-9 PM 10/1
1933D: One Wed., 6:30-9 PM 11/7
1933E: One Tue., 6:30-9 PM 12/4
1933F: One Mon., 6:30-9 PM 1/14

Loving What Is

An Introduction to the Work of Byron Katie

Thoughts like "My partner doesn't appreciate me" or "I need more money" run through our heads many times a day and may foster fear, anger, stress, and depression. How different would life be if such thoughts never bothered you again? The work of speaker and author Byron Katie is a process that clears the mind. She teaches a way to identify and question the thoughts that cause all the suffering and violence in the world. Join this workshop and learn Byron Katie's "the Work." It's so simple anyone with an open mind can do it, but incredibly transformative. In class, watch a DVD of Katie doing The Work with people, see an in-class demonstration and then try it yourself. You'll experience individual hands-on exercises, group exercises, and break up into pairs with a partner. **Joy Schultz**, a long time CFU art teacher, has graduated from and served as a staff member at Byron Katie's nine-day School for the Work in Los Angeles, CA. She is currently enrolled in the Institute for the Work's facilitator certification program.

\$76 Non-Member \$64 Member
\$1 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
2988AF: One Sat., 10 AM-4 PM 9/29
2988AG: One Sat., 10 AM-4 PM 11/17
2988AH: One Sat., 10 AM-4 PM 1/26

Appreciating the Highly Perceptive Person

The highly perceptive individual, or HPI, notices more in the environment and is more sensitive to all kinds of stimulation as well as to the moods of others. It is important that the HPI understand and appreciate this trait and use these unique gifts for self, others and society. Learn to identify the HPI trait. Understand its unique gifts and vulnerabilities, and gain specific practices for self-care and self-management. **Dr. Paul Radde**, practicing psychologist, has worked with thousands of HPs in his psychology practice. Be sure to also take the follow up to this course, Step Up and Step Out (below).

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec
8824AQ: One Wed., 6:15-8:45 PM 9/26
8824AR: One Mon., 6:15-8:45 PM 11/19
8824AS: One Wed., 6:15-8:45 PM 1/16

Step Up and Step Out You Must Be Present to Win

Highly perceptive people prefer to stay in the background and avoid drawing attention to themselves. Yet they have so much to offer others because they're such keen observers and often have greater empathy and creativity. Learn to develop your inner awareness, break down the obstacles to connection, and become more present in your interactions with others. **Paul O. Radde**, Ph.D. This class is a follow up to Appreciating the Highly Sensitive Person. \$61 Non-Member \$49 Member
CFU LOWRY: Near 1st & Quebec
7107G: One Wed., 6:15-8:45 PM 10/3
7107H: One Mon., 6:15-8:45 PM 11/26
7107I: One Wed., 6:15-8:45 PM 1/23

Take Control of Your Life Set Healthy Boundaries

When you have no boundaries, you're a doormat. With damaged boundaries, you tend to take responsibility for the behavior of others. With rigid boundaries, you build walls of anger or silence. Dysfunctional boundaries rob you of personal power. Healthy boundaries, on the other hand, provide the fertile ground needed to nourish your self-esteem, allowing you to better direct and control your life. Leave this course with knowledge about boundaries, how to set them and what to do when others cross them. **Sarabeth Bjorndahl** holds an LPC and has a psychotherapy practice. \$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec
5549GA: One Thu., 6-10 PM 9/13
5549GB: One Thu., 6-10 PM 11/1
5549GC: One Thu., 6-10 PM 1/10

Living With ADD/ADHD or Neurological Challenges

Many adults question whether Attention Deficit Disorder (ADD) and/or Hyperactivity (AD/HD) affect them, or a loved one, and if so, why they have such neurological difficulties. Understand how the brain functions and why neurological challenges exist. Uncover your natural talents and strengths, and learn about helpful nutritional and medical research. Hear what science is saying and what can be done to help. In a safe environment, learn to identify things that cause AD/HD'ers to shut down or thrive. This informative class encourages you to shed negative beliefs and to build a self-image of "wholeness." **Tracy Weegmann** is a certified AD/HD coach and a graduate of ADDCA Coach Academy, specializing in AD/HD psycho-neurological education.

\$47 Non-Member \$35 Member
\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
3250CA: One Sat., 8:30 AM-12:30 PM 9/15
3250CB: One Sat., 8:30 AM-12:30 PM 10/20
3250CC: One Sat., 8:30 AM-12:30 PM 11/17
3250CD: One Sat., 8:30 AM-12:30 PM 1/26

The Key to Intimacy Compassionate Communication

When we connect deeply with the ones we care about, life is rich and meaningful. Becoming aware of the habitual ways we communicate enables us to enhance this connection and cultivate intimate satisfying relationships. Drawing from the groundbreaking communication work of Marshal Rosenberg, you will learn how to build empathic bonds by becoming aware of the needs that drive your actions and the needs that motivate others. Once you are clear about the needs that underlie the actions of the other person, you have a much better chance of finding satisfying solutions to any differences. Just understanding each other's needs deepens our connections and leads us to more compassionate interaction. Poet, writer, life coach, **David Steele**, has studied and taught interpersonal communication skills for 30 years. He is a co-founder of the Rocky Mountain Compassionate Communication.



\$51 Non-Member \$39 Member
\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
4524T: One Mon., 6:30-9:30 PM 9/10
4524U: One Sat., 1-4 PM 10/27
4524V: One Mon., 6:30-9:30 PM 12/10

The Law of Attraction: Creating a Life You Love

There is a way to harness powerful forces in order to live from your heart and create the life you desire. More and more people are applying the principles of conscious creation to redirect their efforts and bring genuine joy and fulfillment into their lives. Come join this fun, spirited class that will give you actual tools to begin to transform your life. Drawing on the concepts in *The Secret* and books by Michael Losier, Laura Day, and Esther Hicks, **Evon Davis** is the author of *The Power of Manifestation: Creating a Life You Love* and *The Manifestation Workbook* and has been actively working with these principles for years.

\$47 Non-Member \$35 Member
\$20 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
3234AW: One Sun., 1-4 PM 9/30
3234AX: One Sat., 1-4 PM 10/27
3234AY: One Sat., 1-4 PM 12/1
3234BA: One Sun., 9 AM-12 PM 1/27

NEW! Living the Wisdom of Tao

The ancient teachings of over 2500 years ago can change your life. Discover the magic and the mystery of the wisdom of Taoism. Deepen your understanding of the nature of Life, learn how the Tao can help you to transcend limiting judgments and narrow self-absorption, and get tools to resolve conflicts more effectively. Explore how the Tao, *The Way*, can enable you to reconnect with your innate ability to embrace compassion. **Jody Stevenson** has her Degree of Fellowship from the Holmes Institute in Seattle and has studied Buddhism, Hinduism, Original Christianity, and Taoism. As a spiritual counselor and professional speaker, Jody uses these ancient successful principles as the foundation of her work.

\$46 Non-Member \$34 Member
\$2 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1943A: One Mon., 6:30-9 PM 10/1
1943B: One Tue., 6:30-9 PM 11/6
1943C: One Mon., 6:30-9 PM 12/3
1943D: One Tue., 6:30-9 PM 1/8

Buddhism for Everyday Life

Buddhist teachings are more about a way of life than a religion. There is no deity in Buddhism, so it can be easily integrated into your life, whether you are practicing another religion or not. The focus on mindfulness, loving kindness, and creating true peace—beginning with ourselves—has made a sweet difference in many people's lives, and can make a difference in our world at large. Come learn about Buddhist teachings and practices in a relaxed and open environment. **Val Stepien** has been studying Buddhism for many years and was ordained in Thich Nhat Hanh's lineage (the United Buddhist Church) in 2011.

\$81 Non-Member \$69 Member
\$1 materials fee payable in class
SOUTH DENVER: Yale & Downing
5304AE: Three Mon., 6-8 PM Begins 10/29
SOUTH DENVER: Evans & S. Pearl
5304AF: Three Mon., 6-8 PM Begins 1/14

Soul Retrieval for Wholeness

In the process of living, it is inevitable that we encounter loss or even trauma of some degree. When confronted with trying circumstances, one way that people cope is by psychologically distancing or numbing their emotions. Indigenous people call it soul loss. Soul retrieval is the process of journeying to other dimensions to rescue and restore those lost parts of ourselves. Once reintegrated, these missing pieces of ourselves bring wisdom, and talents that we've not before been able to tap. This workshop is actually a sacred ceremony in which we help each other reclaim those lost pieces of ourselves and learn to reintegrate them into our consciousness and our lives. **Barbara Snow** is a practicing Shaman and an initiated Kamasqa Curandera. She is author of *The Sudden Caregiver: Surrendering to Enlightenment*.

\$51 Non-Member \$39 Member
\$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
5332N: One Sat., 1:30-4:30 PM 10/27
5332O: One Sat., 1:30-4:30 PM 12/15

Shamanism for Modern Life Tools to Shift Consciousness & Alter Reality

Modern minds are astounded at how shamans of the Andes work with energy and consciousness to create better lives for their people. Experience the power of these transformational techniques yourself. Work with a Mesa as a focal point for channeling, healing, and restructuring consciousness and reality. Connect with all aspects of nature to create beneficial alliance. **Barbara Snow** is an initiated Kamasqa Curandera, having studied since 1999 with Oscar Miro-Quesada, Pamela Miliken, Nina Murphy, and Magdala Ramirez.

\$201 Non-Member \$189 Member
\$20 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
5334H: One Sat. & One Sun, 10 AM-4 PM Begins 9/8
5334J: One Sat. & One Sun, 10 AM-4 PM Begins 11/10

NEW! Explore the Teachings of Eckhardt Tolle

Eckhardt Tolle's writings have helped millions of people find new meaning by exposing the fallacies that keep us locked into unending cycles of regret, worry, and fear. Tolle's dynamic theology of personal empowerment and spiritual growth can help you move beyond your own self-imposed limitations and learn how to experience contentment and joy in your life, even in the most challenging of circumstances. Author and researcher **Jeff Danelek** has studied Tolle's work for seven years and is convinced that his writings possess the key to transforming our lives and, ultimately, the world. Unfortunately, Tolle can be difficult to decipher on your own, but this class enables both novices and seasoned veterans alike to explore his essential teachings in a casual and interactive environment that challenges you to consider how they might fit into your own life. Won't you join Jeff and other seekers to unlock the secrets to a better life and a better world?

\$81 Non-Member \$69 Member
\$5+ optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1961A: One Sun., 9:30 AM-3:30 PM 10/14
1961B: One Sun., 9:30 AM-3:30 PM 12/9

Megan Riley General Medium and Psychic Reading

Group readings are a wonderful way to connect with loved ones, ask questions about love, career, money, children or your own intuitive abilities. Megan has read for groups as small as 4 as well as several hundred people. **Megan Riley** has several generations of sensitives on both sides of her family and within her clan, spirit appearances were considered normal. She saw her first spirit at age 3 and began readings and teaching meditation classes when she was 12 years old. Over the years, Megan has worked and trained with shamans, healers, spiritual teachers, mediums, yogis and her own guides, as well studying different religions. She wants people to know that readings are not scary and for the most part no warnings or anything negative comes up in a reading. The goal of a spirit/medium reading is to bring you back to your true self and help you face what is coming in your life. Clients report feeling lighter, empowered, and positive about what is to come. Come prepared with any questions you have!

\$61 Non-Member \$49 Member
CFU LOWRY: Near 1st & Quebec
8270C9: One Wed., 6:30-9 PM 9/12
8270D: One Wed., 6:30-9 PM 10/24
8270F: One Wed., 6:30-9 PM 12/12

NEW! Discovering Your Life's Work

What Did You Really Come Here to Do?

If you are at a career crossroads or have a nagging feeling that the work you do is not filling your spirit, join this class for a metaphysical journey to discover your true life work. Based on Sue Frederick's book, *I See Your Dream Job*, learn what astrology, numerology, and your own deep intuition can tell you about your true path in life.

Through a combination of discussion and insightful exercises, discover clarity and walk away with concrete steps to begin doing work you really came here to do.

Nancy McCleary has been a passionate student of metaphysics for over 25 years. She is a certified *I See Your Dream Job* Intuitive Coach.

\$51 Non-Member \$39 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1945A: One Tue., 6-9 PM 10/9

1945B: One Thu., 6-9 PM 11/29

1945C: One Sat., 1-4 PM 1/12

Tarot: a Tool for Transformation

Tarot cards can be an invaluable resource in times when the path ahead is unclear. Discover the structure and components of the Tarot deck, show you how to interpret various card spreads, and help you apply what you learn to your life today. Instructor

David Steele, student of philosophy, symbology, and transformation, has been working with Tarot for over 20 years.

\$87 Non-Member \$75 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

5218B: Six Wed., 7-9 PM Begins 9/5

5218BK: Six Tue., 7-9 PM Begins 11/6; Skips 11/20

Beginning Astrology Workshop

Explore the basics of astrology—the signs, houses, planets, aspects and the Moon's nodes—to discover what astrology is all about and what it can do for you. Learn how to interpret a natal horoscope to gather insight into event timing, family legacy, personality, relationship status quo, past lives, the path of soul growth, and more. Please contact CFU to provide the instructor with the date, location and exact time of birth prior to class. **Marguerite Hafeman** is a certified astrologer through the National Council for Geocosmic Research, one of the most rigorous and respected astrology training programs.

\$130 Non-Member \$119 Member

\$10 material fee payable in class

CFU LOWRY: Near 1st & Quebec

5343B0: Six Wed., 6:30-9 PM Begins 9/19

5343BP: Six Mon., 6:30-9 PM Begins 11/5

5343BQ: Six Wed., 6:30-9 PM Begins 1/16

The Art & Science of Reading People

An NLP Perspective

Imagine how it would feel to have a deep understanding of how the people in your life operate. What words would work magic with them? Discover Neuro Linguistic Programming (NLP), the study of how words and their associations become your unconscious "programming" and create your behavior. Learn how: to read people by looking into their eyes; to build unconscious rapport with people to get what you want; your words affect your mind and your life; how to use these techniques on yourself to unlock your true potential! Begin to accept and appreciate the differences in people and stop needless conflict. This class is great for teachers, sales people, those stuck in confusing relationship patterns, or just about anyone who wants to learn more about themselves. **Courtney Albert** has an M.A. in Psychology from Regis University. She is a master level practitioner of NLP, hypnosis, and a personal and business coach. She trains people to think differently: personally, professionally, and effectively.

\$46 Non-Member \$34 Member

\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

8960S9: One Tue., 6:30-8:30 PM 9/25

8960T: One Thu., 6:30-8:30 PM 10/18

8960U: One Tue., 6:30-8:30 PM 11/20

8960V: One Thu., 6:30-8:30 PM 1/17

Communicating From Head to Toe

The Art of Body Language

Body language signals account for 50% to 90%+ of information exchanged between individuals. Learn what your body language projects and how to incorporate positive signals to create a more open, trustworthy, and friendly demeanor. Find out how to read and question the signals that others give so that you can know how they truly feel about a situation. Discover the importance of determining a person's baseline (the natural posture a person assumes when relaxed), review some of the more common body language gestures, and learn how to interpret what you see. **Alicia Cuello** has spent years as a human resources expert. As founder of Underlying Communications she helps others maximize the effectiveness of their nonverbal communication.

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

45190: One Sat., 9-11:30 AM 9/15

4519P: One Tue., 6-8:30 PM 10/23

NEW! Negotiating Skills for Women

Do you take less than you deserve? Defer to men? Feel disempowered when you know you should stand up for yourself? In this supportive and interactive workshop, learn how to negotiate with confidence, communicate with strength, and be more effective in the workplace, at home, and in your community. Explore how gender affects the way information is processed and communicated and how men and women deal differently with conflict. Learn about different negotiation models and through role-playing exercises practice effective and constructive negotiation. **Tanya Davis** has been helping organizations identify problems and solutions for eight years and her work includes teaching, facilitating, and mediating with small and large groups. She has a Masters in Professional Studies in Organizational and Professional Communication with an emphasis in Alternative Dispute Resolution. She is also a professional mediator for Jefferson County Mediation Services. She is passionate about helping women find their voice and be excellent advocates for themselves.

\$76 Non-Member \$64 Member

\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

4647E: One Sun., 1-6 PM 10/14

4647F: Two Wed., 6:30-9 PM Begins 12/5

4647G: One Sun., 1-6 PM 1/6

Civilized Assertiveness® For Women

Good, clear communication is a skill that everyone needs, but how can we be sure that we're getting the point across without going overboard? Civilized Assertiveness® is an ethical framework for communication that works in business and in life and can be used by anyone, with anyone. Based on decades of communication research, this workshop provides practical skills and the right words to speak up for yourself, set limits, handle conflict, and negotiate for what you want and need through hands-on exercises and role-playing difficult situations. **Val Williams** has taught communication skills to hundreds of CFU students and has provided communication training for organizations such as Allstate, Johnson & Wales University, and Wells Fargo.

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3163CI: One Sat., 9 AM-12 PM 10/6

3163CJ: One Sat., 9 AM-12 PM 11/10



Master the Fine Art of Small Talk Mingle with Anyone, Anywhere, Anytime About Anything



Do you hate walking into a room filled with strangers and striking up a conversation? Do you dread receptions, networking events, or upcoming parties? Every new face is a new opportunity for conversational success. Gain techniques so that you will never again dread going to a party, networking event, job interview or talking to ANYONE about ANYTHING! Learn how to make a positive, lasting impression from the minute you say hello and how to break the ice and get a good conversation going, even with a total stranger. Also learn to avoid awkward silences and to exit conversations with grace. **Debra Fine** is a former engineer who works nationwide as a speaker and trainer presenting The Fine Art of Small Talk to corporations, associations, and organizations of all types.

\$51 Non-Member \$39 Member
\$16.95 (+tax) optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
9100U: One Thu., 6-8:30 PM 9/20
9100V: One Mon., 6-8:30 PM 11/19

Own Any Occasion Creating & Delivering a Confident Speech

Do you have an occasion coming up that requires you to speak well? A wedding toast? A sales presentation? A webinar? A eulogy? All of us encounter occasions that require effective oral communication. Discover how to truly own these occasions by making your speech memorable and effective. Learn the two parts of successful speaking: how to build a great speech and how to effectively deliver that speech. You'll learn to assess your audience, create and organize content, and build visual aids, and then spend time practicing the skills essential to delivering a memorable speech. Author **Erik Palmer** (*Well Spoken*, Stenhouse Publishers) has been teaching speaking and presentation skills for over 20 years to students and adults. He breaks a daunting presentation task into manageable, teachable pieces to ensure that you will be confident, competent, and effective.

\$56 Non-Member \$44 Member
\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1192AI: One Wed., 6-8:30 PM 9/12
1192AJ: One Tue., 6-8:30 PM 10/30
1192AK: One Tue., 6-8:30 PM 1/15

Fantastic First Impressions How to Wow Everyone You Meet

Whether facing a job interview, potential customer, or attractive person at the grocery store, you only get one chance to make a first impression. Learn to master introductions, initiate and continue a conversation, enable people to like and remember you, and sharpen your basic social skills. Discuss different communication styles and how to make them work for you. This fun-filled class is exercise intensive, including work on handshakes, smiles, posture, listening, conversation openers, words to avoid, conversation closers, and eye contact.

Gary Michael has an M.A. in philosophy and English, a Ph.D. in humanities, and has written *Get in Bed With Your Audience and Satisfy Them Every Time* and *Across A Crowded Room: From First Impressions to Authentic Connections*. Gary has spoken about leadership to service organizations, corporate assemblies, church congregations, and a national political convention. Class is held in the comfortable setting of the instructor's home art studio.

\$51 Non-Member \$39 Member
\$15 optional materials fee payable in class

CENTRAL DENVER: 10th & Milwaukee
4529DQ: One Sat., 9 AM-12 PM 9/22
4529DR: One Sat., 9 AM-12 PM 11/17
4529DS: One Sat., 9 AM-12 PM 1/12

"I got my money's worth out of this class in the first 10 minutes... Gary [Michael] walks the 'talk.' I learned so much about public speaking." — P. M.

Get in Bed with Your Audience Public Speaking Made Easy

Do you have something to say but worry that you won't be able to say it as clearly, concisely, or convincingly as you would like? Don't let a lack of confidence or experience hold you back. This interactive class will help you gain a heightened sense of personal charisma, and the ability to convey the passion you have for a subject. **Gary Michael** will help you gain presence, poise, and power as a communicator. He will share strategies for you to connect with your audience, as well as tips to turn nervousness into positive energy. Students who come prepared to give a 3-4 minute talk will have an opportunity to make a presentation and get ideas about how to improve your delivery. There is no pressure to perform. Class is held in the comfortable setting of the instructor's home art studio.

\$51 Non-Member \$39 Member
\$12 optional materials fee payable in class

CENTRAL DENVER: 10th & Milwaukee
3241DV9: One Sat., 9:30 AM-12 PM 9/29
3241DW: One Sat., 9:30 AM-12 PM 1/19

Exceptional Women Speakers Using Words, Voice and Body to Project Your Message

Discover the inside secrets of how the highest-paid, most successful women present themselves. Learn how to thrill your audience and present your message effectively. Men and women have different skills when it comes to speaking—learn how to use those differences to your advantage. This fun and interactive workshop will focus on speech content, vocal variety, and physical presence, including tips on overcoming stage fright. Students who are willing will have a chance to present some of their own material and practice effective presentation techniques. **Joan Janis** is an award-winning speaker with over 20 years of experience in training and sales presentations, both for private industry and non-profit groups.

\$51 Non-Member \$39 Member

CFU LOWRY: Near 1st & Quebec
3239H: One Wed., 6-8:30 PM 9/19
3239I: One Fri., 6-8:30 PM 10/19
3239J: One Sat., 10 AM-12:30 PM 11/3
3239K: One Sat., 10 AM-12:30 PM 12/8
3239L: One Mon., 6-8:30 PM 1/7

The Art of Authentic Communication Building Successful Relationships

Are you aware that you are communicating all the time, either verbally or nonverbally? Do you fear saying what you really want to say or avoid being truthful in your relationships? If it is difficult for you to make your point or say what you mean in your personal or professional relationships, this course is for you. Learn the critical role authentic communication plays in creating successful relationships. Identify what stops you from saying what you really think and feel. Learn the difference between inauthentic and authentic communications and practice two of the most essential communication skills to use with everyone. Leave class with practical communication skills and a plan for using them in your life.

Susan Morrison, MA, MS CCC-SLP, has over 20 years experience and education in Communications, and Psychology.

\$56 Non-Member \$44 Member
\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
3257AD: One Sat., 9-11:30 AM 9/22

Last chance for Art of Authentic Communication!

The ABCs of iCloud

Want to make a change in your Mac address book or take a picture and have it show up-like magic on all your other Mac devices (iPad, iPhone, iPod Touch)? Come learn how to use iCloud, Mac's answer to cloud computing—even if you've tried it and been frustrated in the past. Among the topics we'll explore: how to synch mail, notes, contacts, calendars, and bookmarks; how to use the invaluable "find my iPhone/iPad/Mac" feature; how to use Back to My Mac, iTunes Match, and how to store documents and data in the Cloud. Bring to class your MacBook Pro laptop, your iPad, iPhone, and/or iPod Touch. For over 30 years **Maria Arapakis** has trained adults as a psychologist, speaker, and author.

\$101 Non-Member \$89 Member
CENTRAL DENVER: 6th & St. Paul
 3526D: Two Tue., 7-9 PM Begins 9/4
 3526E9: Two Thu., 7-9 PM Begins 10/11
 3526F: Two Mon., 7-9 PM Begins 11/19

I Love My iPad!

How to Get the Most From Your iPad!

This lively "show and tell" class at the teacher's comfortable home can greatly expand how you use your iPad. Learn the difference between wifi, 3G cellular data, and data roaming; and how your iPad settings work (its "back room operations center"). Discover the best apps and how to find and organize them. **Maria Arapakis**.

\$101 Non-Member \$89 Member
CENTRAL DENVER: 6th & St. Paul
 3524Q: Two Sat., 10 AM-12 PM Begins 9/15
 3524R: Two Tue., 7-9 PM Begins 10/16
 3524S: Two Thu., 7-9 PM Begins 11/1
 3524T: Two Tue., 7-9 PM Begins 11/27
 3524U: Two Sat., 9-11 AM Begins 1/5

I Love My Mac!

Have More Fun & Do More with Your Mac

Bring your Mac laptop and leave with tips, tricks, and techniques that help you become more productive and comfortable working with your Mac (if you have a desktop iMac but no laptop, please inquire as to arrangements). Learn how to get around on your Mac, understand your all-important "operating system," organize your stuff, customize your Mac to your personal taste, and work more efficiently and effectively.

Maria Arapakis.
 \$121 Non-Member \$109 Member
CENTRAL DENVER: 6th & St. Paul
 3520T: Two Thu., 7-9 PM Begins 9/13
 3520U: Two Sat., 10 AM-12 PM Begins 10/13
 3520V: Two Sat., 9 AM-11 PM Begins 11/10
 3520W: Two Thu., 7-9 PM Begins 11/29
 3520X: Two Wed., 7-9 PM Begins 1/2

iPhone 101

Get to Know Your iPhone

The iPhone has changed everything, but do you really understand how to use all its features? This class will explain the basics of the iOS (operating system) and help you understand the iPhone's ever-expanding capabilities. Begin with the syncing with iTunes and iCloud, and then learn about the Phone app, iPod app, Photos and Camera apps, and of course, the App Store. Learn how to web browse, get directions to your destination, and gain control over all those apps that start filling screen after screen on your phone. **Ethan Knightchilde** is an Apple-certified trainer, proficient in teaching adult students how to use all consumer Apple hardware and software, including Mac OS X, iOS, iPhoto, iWeb, iMovie, iDVD, Pages, Numbers, Keynote, and DVD Studio Pro. He is also certified for the troubleshooting and repair of iPhones, iPads, and iPods, and has owned and used Apple products for 25 years.

\$41 Non-Member \$29 Member
CFU LOWRY: Near 1st & Quebec
 7100I: One Sat., 10-11:30 AM 10/27
 7100J: One Fri., 10-11:30 AM 1/11

iPhoto for Beginners

Organize, Share and Edit Your Photos

Whether you want to send pictures to family or friends, create a slideshow or greeting card, or post to Facebook, iPhoto for the Mac is the Apple program of choice. In this demonstration class you will get an overview of the program's ever-increasing capabilities. Learn how to import and effectively organize your library; advanced editing techniques so your photos look the best they can be; and creative ways to share your finished images in the digital age. Understand how to work with events, faces, places, and albums. Explore the creation of prints, books, calendars, cards, and slideshows. **Ethan Knightchilde** is an Apple-certified trainer, proficient in teaching adult students how to use all consumer Apple hardware (Macs, iPhones, iPads, iPods) and software, including Mac OS X, iOS, iPhoto, iWeb, iMovie, iDVD, Pages, Numbers, Keynote, and DVD Studio Pro.

\$51 Non-Member \$39 Member
CFU LOWRY: Near 1st & Quebec
 7101J: One Sat., 10 AM-12 PM 10/20
 7101K: One Fri., 10 AM-12 PM 1/4



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Digital Point & Shoot Camera Quick Start

You have a digital camera and want to get on the fast track to using it now! This course is completely hands-on—just lots of practice in accessing the core features of your digital camera. Learn how to take great pictures with the basic built-in camera features designed to make shooting more enjoyable and less complicated. Bring your camera, media card, fresh batteries, and questions. **Keith Maull** and his wife, Teddi, own and are the primary photographers for their wedding and portrait photography business, Picture The Day. If you are uncertain whether your camera is the right type for this class, please call CFU registration.

\$67 Non-Member \$55 Member
 \$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
 1420BC: One Wed., 6-9 PM 08/29
 1420BD: One Thu., 6-9 PM 10/4
 1420BE: One Thu., 6-9 PM 12/13

Digital SLR Camera Quick Start

Learning to use your digital SLR camera is not as difficult as you might think when you take this hands-on class. Learn to recognize and access the core features of your DSLR: ISO, shutter speed, aperture, image quality, manual, automatic focus, and much more. We will uncover the exposure modes of your camera, learn about what's hidden inside the layers of menus. Bring your manual and plenty of questions. **Keith Maull.**

\$67 Non-Member \$55 Member
 \$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
 1427Y: One Tue., 6-9 PM 08/28
 1427AA: One Tue., 6-9 PM 10/2
 1427AB: One Tue., 6-9 PM 12/11

Photography Safari

Spend the day with successful veteran travel photojournalist **Ron Stern** as he shares the secrets you need to know to take great photos! Whether you have a small point-and-shoot or an expensive SLR, learn how to look for and take the best possible shots. Class begins in the classroom where you'll learn about basic camera operations and after a lunch break, the class goes on a field trip to take "on-location" photographs, while Ron helps you learn how to see creatively. Learn techniques such as framing with a frame, when to use fill flash, taking pictures from reflections, manual settings and more.

\$132 Non-Member \$120 Member
CFU LOWRY: Near 1st & Quebec
 1426AF: One Sun., 9 AM-3 PM 9/16
 1426AG: One Sat., 9 AM-3 PM 10/13

Photography & Film

Digital Camera I

Discover all the functions of your digital camera. Maximize your success by mastering white balance, metering, and exposure by using your manual settings. Then practice with camera assignments and critiques each week, using your new skills effectively and creatively. Digital SLRs or other cameras with manual settings are necessary (if you have a doubt as to the features of your camera please feel free to call us). All the instructors at **Colorado Photographic Arts Center** hold an MFA or higher and/or are established, working professionals and educators with vast experience in all aspects of photography. \$212 Non-Member \$200 Member \$15 materials fee payable in class

LAKEWOOD: Wadsworth & Alameda
1424GH: Four Wed., 12 PM-3 PM Begins 9/5
1424GI: Four Wed., 6-9 PM Begins 9/5
1424GJ: Four Thu., 12 PM-3 PM Begins 10/4
1424GK: Four Thu., 6-9 PM Begins 10/4
1424GL: Four Tue., 12 PM-3 PM Begins 11/6
1424GM: Four Tue., 6-9 PM Begins 11/6
1424GN: Four Wed., 12 PM-3 PM Begins 12/5
1424GO: Four Wed., 6-9 PM Begins 12/5
1424GP: Four Thu., 12 PM-3 PM Begins 1/10
1424GQ: Four Thu., 6-9 PM Begins 1/10

Macro Photography Workshop

The lacy pattern of a dragonfly's wing, the patina of an autumn leaf—discover how to capture these and other exquisite details of nature in big, beautiful photographs. Using any kind of camera (point and shoot, DSLR, or film), learn about the special methods, equipment, and techniques for photographing the small—with an emphasis on how to achieve great results without investing a lot up front (no high powered lenses required!). Practice immediately on a small arrangement of flowers in the classroom and see how to bring out colors and experiment with abstraction. For the second session, meet at the Denver Botanic Gardens and get lots of hands-on practice. **Susan Winn**, M.A. Photography owns Winn Photo LLC and is a fine art photographer specializing in macro photography. If not a member, students should be prepared to pay the Botanic Gardens entrance fee of \$12.50 in addition to class tuition.

\$110 Non-Member \$98 Member
\$5 materials fee payable in class
\$12.50 entrance fee to Botanic Gardens
CFU LOWRY: Near 1st & Quebec
1425H: Two Sat., 9 AM-12 PM Begins 9/8
1425I: Two Sat., 9 AM-12 PM Begins 10/13
1425J: One Sat., 9 AM-12 PM & 1 PM-4 PM 11/10



Great Photography Portraits for Everyone Keeping It Simple

Most great photography portraits have one thing in common: they're simple. You don't need complex lighting setups and expensive cameras. This workshop will give you all the skills you need to keep it uncomplicated while taking stunning shots. Study some successful portraits and discover why they work. Then put your skills to work photographing a live model. Leave with some beautiful portraits and the skills to photograph more. **Tim Morehead**, founder of Colorado Photography and Video Workshops, offers side-by-side guidance and instruction to help you create the most simplistic and elegant portraits you have ever made. Tim has been a professional photographer since 1984. Bring a digital camera of any type—DSLR or point & shoot. \$110 Non-Member \$99 Member

CENTRAL DENVER: I-70 & Washington
1927C: One Sat., 10 AM-3 PM 9/15
1927D: One Sun., 10 AM-3 PM 10/21
1927E: One Sun., 10 AM-3 PM 12/16
1927F: One Sun., 10 AM-3 PM 1/27

Budget Lighting for Photographers

Savvy Solutions for Pro Results

There would be no photography without light. Although professional lighting is extremely expensive and can be intimidating to use, there are options for the creative photographer on a budget. This is a hands-on shooting workshop where you will learn how to create professional looking portraits of a live model by making your own light source from items you probably already have lying around your house, or that you can purchase from your local hardware store for just a few dollars. You will soon begin to understand that you are only limited by your own imagination. We will discuss the unique properties of each "homemade" light source, including color temperature, quality of light and output and how to apply those properties to each individual and unique portrait opportunity. **Tim Morehead**, founder of Colorado Photography and Video Workshops, has been a professional photographer since 1984. He developed the creative lighting techniques taught in the class out of necessity from his early days of making do with what was available. Bring a digital camera of any kind.

\$110 Non-Member \$99 Member
CENTRAL DENVER: I-70 & Washington
1929C: One Sun., 10 AM-3 PM 9/16
1929D: One Sat., 10 AM-3 PM 10/20
1929E: One Sat., 10 AM-3 PM 12/15
1929F: One Sat., 10 AM-3 PM 1/26

Designing Your Photographs

Have you been taking pictures but not creating beautiful images? Learn how to create well-composed photographs and explore the creative tools available with today's modern cameras. Topics for this class include the characteristics of light, lens choice, and the thirty basic elements of composition. Whether you use the most advanced digital camera, a 35mm, or a simple point-and-shoot, learning proper compositional techniques can result in photographs you will be proud of. This is a seminar-style class illustrated with lots of images. **L. Michael Davis** has been a commercial photographer for over 20 years. Formerly with Alexander International Modeling Agency, he now focuses on fine-art photography. His work is on display at the Great Western Art Gallery.

\$91 Non-Member \$79 Member
CFU LOWRY: Near 1st & Quebec
1805AR: Three Tue., 7-9 PM Begins 10/9
1805AS: Three Tue., 7-9 PM Begins 1/8

Professional Wedding Photography

Turning a hobby into a vocation is one of the fastest growing trends in America today. For photographers one of the best ways to begin a career is wedding photography. Learn how to develop a wedding photography business, choose equipment, develop marketing strategies, establish client relationships, photograph the wedding, and deliver a quality product.

L. Michael Davis.
\$141 Non-Member \$129 Member
CFU LOWRY: Near 1st & Quebec
1820AG: Three Tue., 7-9 PM Begins 11/6

Introduction to Filmmaking

Whether you are an aspiring filmmaker or simply a home movie maker, you owe it to your audience to make films they will actually want to watch! Learn skills that the pros have used for decades, beginning with preproduction and an understanding of the story you want to tell. Move on to the elements of production, with discussions of composition, camera movement, lighting, and other shooting considerations. Explore how to finish your film through strong editing, and learn the importance of clear sound, appropriate sound effects, and suitable score. Award-winning filmmaker **Ethan Knightchilde** will discuss planning a shoot, shooting the plan, and editing the finished product.

\$91 Non-Member \$79 Member
CFU LOWRY: Near 1st & Quebec
1828T: Two Sat., 10 AM-12:30 PM Begins 10/6
1828U: Two Fri., 10 AM-12:30 PM Begins 12/7

Mat It and Frame It!

Love the look of custom framing but hate the cost? Do it yourself by learning how to create custom window mats and framing in this hands-on class. We'll cover the techniques artists and framing professionals use to enhance everything from your kid's drawings to museum-worthy artwork using your own equipment and quality materials. Learn how to assemble a professional framing project from start to finish, and leave class with at least one fully matted piece of artwork. **Jacqueline Webster** is a fine art photographer who began doing her own custom matting and framing as an economical way to enhance the professionalism of her work. Her custom-framed work is shown in galleries and at art festivals across the United States. Required materials fee covers instructions and some supplies. Students must purchase mat cutter (\$40 and up) and bring to class. Find a list of all supplies needed for class on the CFU website or call for more information.

\$71 Non-Member \$59 Member
\$10 materials fee payable in class
\$60 + student buys

CFU LOWRY: Near 1st & Quebec
1506Q: One Thu., 6-10 PM 9/20
1506R: One Sun., 1-5 PM 10/21
1506S: One Sat., 1-5 PM 11/17
1506T: One Sun., 1-5 PM 12/16
1506U: One Sat., 1-5 PM 1/19

Discover Acrylics

Learn how to mix colors and explore a variety of acrylic painting techniques including washes, opaque paint, dry brush, glazing, and impasto. The first half of class includes demonstration and lecture followed by the opportunity to try out techniques and materials. During the second half, learn about composing an original painting and apply what you've learned to create a painting of your own. A still life will be set up to work from or you may bring photos or other material to paint from. The materials fee includes watercolor paper and use of paints, mediums, brushes, and palettes. Drawing experience is helpful, but not necessary. **Joy Schultz** loves to share her enthusiasm for playfulness and experimentation in the creative process. Her work has been exhibited in local, state, and national shows since 2002. She has been active in the Colorado Artist Guild and the Pastel Society of Colorado.

\$56 Non-Member \$44 Member
\$8.50 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1458AX: One Sat., 10 AM-4 PM 9/22
1458AY: One Sat., 10 AM-4 PM 11/10
1458BA: One Sat., 10 AM-4 PM 1/19

Batik Watercolor Painting

In just a few hours, learn the fun process of batik wax resist on rice paper to make a gorgeous watercolor painting suitable for framing. Batik is an ancient Indonesian technique of layering wax to resist paint or dyes. Start by tracing a prepared design (there are many gorgeous ones to choose from) and then learn how to layer the wax and paint colors of your choice to build up depth and color. Then iron out the wax-and voila!-you have a gorgeous picture ready to slip in a frame. **Lydia Rea** and **Mary Tharp** host the class. Lydia Rea has taught the popular Bob Ross and Robert Warren design painting classes at CFU for many years, and Mary is also a painting teacher and all-around crafting aficionado. You simply will not believe how easy it is to create spectacular results with this technique! The materials fee covers paper, wax & misc. materials. See CFU website course description or your ticket for required materials to bring.

\$51 Non-Member \$39 Member
\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1450H: One Thu., 6-9 PM 9/13
1450I: One Thu., 6-9 PM 10/18
1450J: One Sun., 1-4 PM 12/2



Elizabeth Truglio
has an "easy teaching style, low
pressure, very helpful"

— anonymous

Dazzling Collage Paintings

This is not your mother's collage class, nor your average painting workshop. Learn how to combine painting and collage in ways that allow your creativity to soar. Instead of painting the elements of your composition directly onto the canvas, you will cut them out, paint them, and attach them to the canvas in new and different ways. Leave the workshop with a piece ready for framing. **Elizabeth Truglio**, who developed and uses this technique exclusively in her own work, will give each student individual instruction as well as the freedom to create your own unique work. A lifelong artist, Elizabeth has been working in this cut-out painting technique for two and a half years and has perfected it through a great deal of trial and error and experimentation.

\$67 Non-Member \$55 Member
\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1202U: One Sat., 9 AM-3 PM 10/20
1202V: One Sat., 9 AM-3 PM 12/8
1202W: One Sat., 9 AM-3 PM 1/5

Wet on Wet Oil Painting Bob Ross Method Landscape

Complete a beautiful landscape painting all in one day—all levels welcome. This unique system of painting helps new students learn to paint with ease. Special attention is given to brush loading and blending. The materials fee includes a prepared canvas and use of all materials needed to complete your painting in the workshop. Bring a sack lunch or plan to drive to a nearby restaurant. Please bring a roll of paper towels. **Lydia Rea** is a certified Bob Ross instructor. She has been painting for more than twenty years and teaching with the Bob Ross method for several years.

\$61 Non-Member \$49 Member
\$30 materials fee payable with registration

CFU LOWRY: Near 1st & Quebec
1403CV: One Sat., 10 AM-4 PM 9/15
1403CW: One Sat., 10 AM-4 PM 11/3
1403CX: One Sat., 10 AM-4 PM 1/5

More Oil Painting with Robert Warren Designs

Complete a beautiful work of art in just one day. Choose from different sections to paint create a painting featuring an animal, flowers or other popular Robert Warren designs. Take one, or take them all! No drawing or art experience required. The materials fee includes a prepared canvas and use of all materials needed to complete your painting. The class will take an hour break for lunch, so bring a sack lunch or plan to drive to a nearby restaurant. Please bring a roll of paper towels and a small bottle of baby oil. **Lydia Rea** has obtained special permission to share these designs with CFU students.

\$61 Non-Member \$49 Member
\$30 materials fee payable at time of registration

CFU LOWRY: Near 1st & Quebec
1405K: One Sat., 10 AM-4 PM 10/27 (majestic moose)
1405L: One Sat., 10 AM-4 PM 12/1 (white ducks)

No Fear Watercolor

Fear not! You can create uniquely exquisite watercolor paintings! Nationally recognized artist and teacher **Teresa Smith** teaches you basic, 1-2-3 methods. You'll delight in your creations. Learn composition and design, values, washes, brushwork, color mixing, and negative painting. You will be thrilled by your progress in just a few hours! Each session focuses on a different subject.

\$71 Non-Member \$59 Member
\$20 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1310DH: One Sat., 8:30 AM-12:30 PM 9/29
(landscapes)
1310DI: One Sat., 8:30 AM-12:30 PM 11/17
(mixed topics)

Last chance for No Fear Watercolor!

Arts & Crafts

NEW! Urban Sketching & Drawing

Head out into the urban landscape and hone your *plein air* drawing skills. This four-session class will meet each



©Joewe | istockphoto.com

week at a different location in central Denver to practice drawing architecture (classical and modern), landscapes, vehicles, and people in real life settings. Learn how to see the city as a composition challenge, and discover the relationships of buildings and people in space. Drawing the world around you is a great way to really see and remember where you've been—you'll want to take your sketchpad on your next vacation instead of your camera! **Frederick Pichon** is a professional artist and former architect. Frederick also lectures on art history for the Alliance Francaise. Class is open to all levels. Some basic drawing experience is helpful, but not required. Please see notes on CFU website or ticket for required list of materials to bring to class.

\$110 Non-Member \$98 Member
1971A: Four Sun., 3-6 PM Begins 9/16
1971B: Four Sun., 3-6 PM Begins 10/14

NEW! Perspective Drawing for Everyone

Ever wonder how to draw so that buildings, objects, and people appear to recede into space—instead of looking all wonky? There's a technique called "perspective" and by applying a few simple rules, you can achieve amazingly "realistic" spatial effects in your drawings. In this two session class, study some examples from great works of art, then take pencil and paper in hand to try yourself. The first session will have you drawing 1 point perspective and the second will focus on the slightly more challenging (and fun!) 2 point. **Frederick Pichon** is a professional artist and former architect. Join him in his working art studio to learn some little techniques that give big, satisfying results to beginning and more advanced drawing students alike. Frederick also lectures on art history for the Alliance Francaise.

\$86 Non-Member \$74 Member
\$7 materials fee payable in class
1959A: Two Sat., 2-5 PM Begins 10/6
1959B: Two Sat., 2-5 PM Begins 11/10
1959C: One Sat. & One Sun., 2-5 PM 12/15 & 12/16

Impressions of the Gardens Drawing & Mixed Media

Capture your unique impressions of the beauty of nature at Denver Botanic Gardens, using drawing, watercolor paints and pencils. In good weather enjoy working outdoors and indoors in the conservatory when it's cold. The class will use direct drawing and painting experience, weekly topic exploration, handouts, and critiques. Topics include: seeing with the artist's eye; developing energetic marks; capturing flower and foliage shapes and movement; learning to use texture, contrast, value, variety, repetition, color, form and space; and developing dynamic compositions using the rule of thirds. **Gayle Bodine** is an artist, art therapist, creativity coach and college instructor. Students at all levels of experience are welcome. Please bring to the first class a 9x12 sketchpad (Strathmore 300 series is good), drawing pencils, sharpener and eraser or purchase the General's "Sketchmate" charcoal and graphite drawing kit (a stump, pencils, sharpener and eraser).

\$114 Non-Member \$98 Member
\$4 materials fee payable in class
\$12 admission fee to Gardens payable at registration
CENTRAL DENVER: 10th & Josephine
1210HC: Six Sun., 10 AM-12 PM Begins 9/23
1210HD: Six Sun., 10 AM-12 PM Begins 11/4;
Skips 11/25
1210HE: Six Sun., 10 AM-12 PM Begins 1/13

Basic Drawing The Keys to Drawing What You See

The trick to drawing is in how well you see. It sounds funny, but your brain can get in the way as it translates the information perceived by your eye. This class explores techniques for taking three dimensional objects and conveying them onto a two dimensional surface. Anyone wanting to improve their drawing ability will benefit from this class, but it caters to the beginner. Week one and two will cover contour lines, capturing movement with gesturing, and understanding positive and negative space. The third week will cover how to complete a rendering. **Victoria Selby** has been a professional artist since 1995 and loves to inspire anyone who is exploring their creative gifts.

\$91 Non-Member \$79 Member
\$3 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1492F: Three Mon., 6:30-8:30 PM Begins 9/17
1492G: Three Mon., 6:30-8:30 PM Begins 11/26
1492H: Three Mon., 6:30-8:30 PM Begins 1/14

Jumpstart Your Sketching

Discover techniques and try out fun exercises to help you capture impressions, inspirations, and experiences quickly and effectively. Improve your observation and recognition skills by finding basic shapes in figures. Practice using contour lines and quick ways to add value to create volume and shadows in your drawing. **Joy Schultz** is an accomplished artist and experienced painting and drawing teacher.

\$50 Non-Member \$38 Member
\$2 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1459AL: One Sat., 1-4 PM 9/15
1459AM: One Sat., 1-4 PM 10/27
1459AN: One Sat., 1-4 PM 12/8

Zentangle®

Experience the Zen and creativity of an easy-to-learn, abstract drawing technique called Zentangle®. Starting with a single line, called a "string", learn how this fascinating art form can also be relaxing, inspirational and fun. No drawing experience necessary. Students will learn the theory behind Zentangle®, how to execute 6 to 8 tangles (repeating patterns) and will create two beautiful Zentangles.

Barbara Tinsley, IT professional by day, is a certified Zentangle® instructor who believes in Zentangle's power to create balance and inspire creativity.

\$51 Non-Member \$39 Member
\$8 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1918K: One Sun., 1-3:30 PM 9/23
1918L: One Sat., 1-3:30 PM 10/20
1918M: One Sat., 1-3:30 PM 11/17
1918N: One Sat., 1-3:30 PM 12/16
1918O: One Sat., 1-3:30 PM 1/20

Chinese Calligraphy

Learn the basics of Chinese calligraphy—brushes, ink, paper, movements, postures, energy, brush strokes, Chinese characters, stamps, and a little history and stories. Leave with elegant, expressive ink-drawn characters and the skill to keep creating. A native of China, **Yunn Pann** developed and gave the lecture "Learn 30 Chinese Characters in 100 Minutes" at many libraries, schools, corporations. She was a guest lecturer for the Asian Art Association in the Denver Art Museum. Thousands of her Chinese calligraphy prints with her original intriguing interpretation and her calligraphy work have been sold.

\$91 Non-Member \$79 Member
\$24 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
1255K: Four Sun., 1-3 PM Begins 9/9
1255L: Four Sun., 1-3 PM Begins 10/7
1255M: Four Sun., 1-3 PM Begins 12/2

Introduction to Nuno Felting Wool & Silk Scarf

Learn the exciting craft of nuno felting, and use wool to “paint” your own design on a silk scarf you can wear home the same day. Nuno uses water, heat, and pressure to felt, so come prepared to get splashed and to really tone those arms! You’ll also learn how to add texture, blend and layer colors, and even incorporate objects like beads or charms into your felt painting. The result is a stunning, one-of-a-kind silk scarf with gorgeous texture and color. **Darcy Lewis**, of Tongue In Chic Design Studio, is an internationally-exhibited textile artist. Nuno felting is not difficult, but you do need a standard level of upper body fitness to knead the wool fibers into the silk.

\$66 Non-Member \$54 Member

\$30 materials fee payable in class

SOUTH DENVER: Hampden & Colorado Blvd
1375V: One Sun., 3-7 PM 9/9
1375W: One Sun., 3-7 PM 12/16

More Nuno Felting! Wool Appliqué on Vests & Wraps

Take the basics of nuno felting to the next level. Use nuno felting to make pre-felt bats, then use those bats to create shapes and images on garments. Each student will work with a variety of lightweight fabrics to create felt appliqués to put on a simple vest or wrap. Techniques taught include making and using pre-felt bats, stencils, using magazine photos as stencils, felting seams instead of sewing them, shaping felt, etc. Bring old magazines, stencils, or pictures of things they would like to use as stencils. Also bring a couple of old towels. **Darcy Lewis**. Nuno felting is not difficult, but you do need a standard level of upper body fitness to knead the wool fibers into the fabric.

\$66 Non-Member \$54 Member

\$50 materials fee payable in class

SOUTH DENVER: Hampden & Colorado Blvd
1340C: One Sun., 12 PM-6 PM 10/21

Art in Fashion Garment Rehab & Embellishment

Come learn how to rehab a boring or damaged (holey) garment into a gorgeous piece of wearable art. We’ll discuss repairing techniques, embellishment options, and even how to re-cut and reshape. Also, learn a few wonderful 3-D appliqué techniques. Sewing skills are NOT required. **Darcy Lewis**.

\$66 Non-Member \$54 Member

\$25 materials fee payable in class

SOUTH DENVER: Hampden & Colorado Blvd
1920J: One Sun., 2-7 PM 9/23
1920K: One Sun., 11 AM-4 PM 10/14
1920L: One Sun., 12 PM-5 PM 12/9

NEW! Beginning Knitting for Everyone

For centuries, knitting was a practical skill for making items like socks. These days knitting is a hot trend, valued for creativity, relaxation, and as a way to use the amazing varieties of fibers on the market. Join **Sandy Reavey**, owner of Artfully Stitched, and learn the basic building blocks of all knitting: casting on, knit, and purl. From these three skills, you can knit anything (even lace). The teacher will supply a kit with a set of needles, yarn, and pattern from which to learn. Leave with the skills to begin creating your own beautiful garments, accessories, and memorable gifts.

\$61 Non-Member \$49 Member

\$12 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1304BT: Two Sun., 2-4:30 PM Begins 10/21
1304BU: Two Sat., 9:30 AM-12 PM Begins 12/1

NEW! Hooked on Crochet! A Beginner’s Workshop

Get hooked on this portable and easy-to-learn traditional craft that is experiencing an explosion of attention with the trend in handmade goods. In this two-session class, choose from a couple of simple patterns and yarn/hook kits and learn the basics of crochet: chain stitch, single and double crochet stitches, and how to read a pattern. Bring any questions or troubles to sort out in the second class. **Sandy Reavey** of Artfully Stitched.

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1571AN: Two Sat., 9:30 AM-12 PM Begins 9/22
1571AO: Two Sat., 9:30 AM-12 PM Begins 11/10
1571AP: Two Sun., 2-4:30 PM Begins 1/13

Fantasy Fabric

Discover how to use ribbon, yarn, and fabric scraps to create highly embellished “fantasy fabric.” This gorgeous cloth can then be used as scarves, or as actual yardage to make jackets, garment accents, or accessories. Fantasy fabric scarves retail in art stores for well over \$200. Bring any special fabric scraps, ribbons, or yarns you want to use, or just use the materials provided in class. Students MUST bring their own sewing machine to class (don’t forget a bobbin)! If your machine has a “banana,” “hopping” or “free-motion” foot, please bring it too. **Darcy Lewis**.

\$56 Non-Member \$44 Member

\$20 materials fee payable in class

SOUTH DENVER: Hampden & Colorado Blvd
1941C: One Sun., 12 PM-3 PM 10/28
1941D: One Sun., 2-5 PM 12/2
1941E: One Sun., 2-5 PM 1/20

Herbal Soap-Making Workshop

Pure herbal soap is fun to make and a joy to use. Learn how to make recipes for your skin type and needs. Shea butter, lavender flowers, and honey are some of the wonderful skin soothers you will discover. Attend this one-day workshop in which you will learn about and actually make your own soap! Start with a two-hour introduction to soap making, and then create your own unique soap recipes, like Honey Oatmeal or Aloe Vera & Comfrey. All ingredients are provided, and students will take home approximately one pound of soap, as well as an instructional booklet filled with recipes. Prepare to be surrounded by bubbles, as you will leave with the skills to continue this rewarding craft at home and a working knowledge of how to create your own unique recipes. **Sally Lilly** is a long time CFU crafts instructor.



\$67 Non-Member \$55 Member

\$15 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1377DN: One Sat., 10 AM-4 PM 10/13
1377DO: One Sat., 10 AM-4 PM 12/1
1377DP: One Sun., 10 AM-4 PM 1/20

The Art and Magic of Paper Crafts

Discover creative ways to use paper. Cardboard, cotton liners, balloons, string and waxed paper are some of the materials we will learn to use. Cast a beautiful paper shape to use as a Christmas ornament, framed art, or even a small bowl! Make a unique pair of earrings from cardboard that look so great that you will definitely want to wear them. Finally, learn techniques to make easy beautiful greeting cards without a lot of expensive tools or equipment. Even beginners can do it. All materials to make a paper shape, earrings, and a pop-up greeting card will be supplied. **Sally Lilly** is a popular arts & crafts teacher. She has been teaching soapmaking at CFU for many years. Students are welcome to bring found objects such as buttons, old pieces of jewelry, keys, ribbon, and anything else you can imagine to decorate your earrings if you wish. See CFU website notes for additional materials to bring.

\$57 Non-Member \$45 Member

\$8 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1451H: One Sat., 1-4:30 PM 10/6
1451I: One Sat., 1-4:30 PM 12/8

Arts & Crafts

Making Holiday Wreaths & Centerpieces

Bring cheer home this season with a magnificent wreath and matching centerpiece hand crafted by YOU! During this class you'll use a variety of everlasting seasonal silks and dried materials to craft a wreath that will be the perfect festive addition to your home, or make an ideal gift. You'll master the principles of shape and design that create a stunning wreath. Then complete your creation with a professionally styled bow. **Sherry Chance** encourages you to attend all three classes and have a wardrobe of wreaths to take you through the seasons. All tools and materials provided. \$51 Non-Member \$39 Member \$15 materials fee payable in class **CFU LOWRY:** Near 1st & Quebec 1588T: One Sat., 2-5 PM 9/15 (fall wreaths) 1588U: One Sun., 2-5 PM 10/28 (Thanksgiving) 1588V: One Sat., 2-5 PM 12/1 (Christmas wreaths)

Tie the Perfect Bow

Join this class and learn all the tricks the pros use to create a spectacular, showy bow, including combinations and adding embellishments. Bring a pair of strong scissors and a bag to take your bows home in—you'll make at least 3 in class. **Deb Condo** owns Gift Basket Junction and is the winner of numerous awards for her creations. \$29 Non-Member \$24 Member \$10 materials fee payable in class **CFU LOWRY:** Near 1st & Quebec 1320H: One Sat., 1-3 PM 9/29 1320I: One Sat., 1-3 PM 11/3 1320J: One Sat., 1-3 PM 12/1



Gorgeous Gift Baskets Make Your Own & Save \$\$

Gift baskets are the perfect gift for any occasion and everyone loves them—even kids! In class, master all the basics while creating your own basket from start to finish, including passing the “upside down test.” **Deb Condo** is the owner of Gift Basket Junction. Her basket designs have been featured in many magazines over the years. Let her teach you the tips and tricks for designing a stable and shippable gift basket, show you clever wrapping techniques, and how to enhance and top off your creation. All materials are included, but you may bring a small container or gift to work with if you wish. \$51 Non-Member \$39 Member \$25 materials fee payable in class for kit **CFU LOWRY:** Near 1st & Quebec 1322AI: One Sat., 9 AM-12 PM 9/29 1322AJ: One Sat., 9 AM-12 PM 11/3 1322AK: One Sat., 9 AM-12 PM 12/1

Some Like It Hot! Metal Artistry in One Day

Metal is the new hot medium—literally! Here's your chance to feel the power of cutting into hard steel to create beautiful works of metal art. In this hands-on class you will work with two types of cutting processes, an oxy/acetylene torch and a plasma cutter, and make two very different pieces of metal art without the use of welding. Finish your pieces using a blasting cabinet, grinding and polishing, and have the option of coloring using an acetylene torch. **Cathy Hiatt** and **Diane Larson** are working metal artists with 20 years of experience between them. Safety is a priority in this class as students will work with torches and sharp-edged metal.

\$160 Non-Member \$145 Member
\$30 materials fee payable in class
WESTMINSTER: 72nd & Federal
1558CG: One Sat., 10 AM-4 PM 9/29
1558CH: One Sat., 10 AM-4 PM 10/20
1558CI: One Sat., 10 AM-4 PM 11/17
1558CJ: One Sat., 10 AM-4 PM 12/15

Cathy Hiatt & Diane Larson

“were great! Patient with great suggestions and encouragement.” — L. B.

Throwing Pottery An Introduction to the Potter's Wheel

This class is taught at a relaxed pace for someone who has never worked on the potter's wheel before. Students have a roomy studio to learn in and unlimited practice hours available. **Ingrid King** has more than 30 years' experience in clay as a studio owner and potter. She has taught in a wide variety of settings and brings a wealth of technical expertise to her teaching. The materials fee is a \$30 deposit towards purchasing the actual amount of clay (by weight) to create projects. Larger or multiple projects may cost more than the deposited amount.

\$114 Non-Member \$99 Member
\$30+ materials fee payable in class
ARVADA: 58th & Wadsworth
1262EN2: Six Sun., 10-12:30 AM Begins 9/23
1262EO: Six Tue., 6:30-9 PM Begins 9/25
1262EP: Six Wed., 1-3:30 PM Begins 10/17;
Skips 11/21
1262EQ: Six Wed., 1-3:30 PM Begins 1/9

Pottery for Beginners

If you have ever wanted to try your hand at pottery but did not know where to start, try this pottery buffet! After enjoying a demonstration of different pottery techniques, dive in and experiment throwing on the potter's wheel, hand building, and clay tiles. You will have the opportunity to practice with a variety of glaze products. **Sophia Kingsley** of Stone Leaf Pottery has been teaching students to have fun and create masterpieces in clay for many years. The materials fee is a \$30 deposit towards purchasing the actual amount of clay (by weight) to create projects. Larger or multiple projects may cost more than the deposited amount.

\$86 Non-Member \$74 Member
\$30+ materials fee payable in class
ARVADA: 58th & Wadsworth
1217CB: Four Thu., 6:30-9 PM Begins 9/13
1217CC: Four Sun., 10 AM-12:30 PM Begins 11/4;
Skips 11/21
1217CD: Four Tue., 6:30-9 PM Begins 11/6

Beginning Fused Glass

Glass fusing is an age-old art of melting and combining glasses without having to lead or foil. Learn the fundamentals of kiln forming, such as shelf preparation, glass compatibility, annealing cycles, and assembly methods, while creating your own exciting fused glass pieces. Complete a jewelry piece, a tile, a picture frame, and a slumped dish (or vase). Special design techniques such as color blending, powders, and dichroic glass effects are featured.

Shannon Abote, owner of Bella Glass Studios has shown her fused art in many local and national galleries. Students must wear closed toe shoes and cotton clothing! \$71 Non-Member \$59 Member \$65 materials fee payable in class **CENTRAL DENVER:** 38th & Brighton 1529EV: One Sat., 9 AM-3 PM 9/15 1529EW: One Sat., 9 AM-3 PM 10/13 1529EY: One Sat., 9 AM-3 PM 11/10 1529EX: One Sat., 9 AM-3 PM 12/8 1529FA: One Sat., 9 AM-3 PM 1/12

Elite Glass Blowing in One Day!

Glass and fire have fascinated people all over the world for centuries. Learn how to manipulate molten glass on a blow pipe and puntel rod using glass blowing tools. At the same time learn to incorporate color to create your own paperweight and a shot glass. Each student will receive individual guidance from the instructor while gaining a working knowledge of the principles behind blowing glass. Health and safety considerations will also be presented and a reference booklet will be provided. **Agnes Sanchez** is a veteran teacher and has shown her art glass creations in many local galleries. She welcomes tours of her studio, by appointment only.

\$181 Non-Member \$169 Member
\$90 materials fee payable in class
CENTRAL DENVER: 40th & Josephine 1592GE: One Thu., 5:30-9:30 PM 9/20 1592GF: One Thu., 5:30-9:30 PM 10/25 1592GG: One Thu., 5:30-9:30 PM 11/15 1592GH: One Thu., 5:30-9:30 PM 12/6

Woodworking 101

In this two day class, learn the basics for all your future woodworking projects. On the first day, you will learn to safely use the jointer, planer, table saw, miter saw, and router. You will learn at least one method of joinery and will leave the next day with a beautiful piece of furniture out of real wood. Choose either the table making section and make a small side table, or the bookcase making section to make a small bookcase. Completion of either section will prepare you to move on to using the shop for more advanced projects. Tracy Gray is a professional cabinetmaker and has been teaching woodworking in the Denver area for 12 years. Materials fee covers wood, screws, equipment, glue, etc. The table class has a \$55 materials fee and the bookcase class has a \$75 materials fee.

\$114 Non-Member \$99 Member
\$55/75 materials fee payable in class

CENTRAL DENVER: Colorado & Evans
1559EH: One Sat. & One Sun., 9 AM-1 PM
9/15 & 9/16 (table)
1559EI: One Sat. & One Sun., 9 AM-1 PM,
10/13 & 10/14 (bookcase)
1559EJ: One Sat. & One Sun., 9 AM-1 PM
11/3 & 11/4 (table)
1559EK: One Sat. & One Sun., 9 AM-1 PM
12/8 & 12/9 (bookcase)
1559EL: One Sat. & One Sun., 9 AM-1 PM
1/26 & 1/27 (table)



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Build Your Own Cabinets

This class is a must for consumers who are looking to remodel and want to save a tremendous amount of money doing it themselves. Learn the basics of kitchen and entertainment center design and the process of building your own custom cabinetry. In this demonstration-style class, you will learn the techniques for door, face framing, and frameless European-style construction. Explore what machinery is necessary for your shop and what is a luxury. **Tracy Gray** is a professional cabinetmaker with many years of experience teaching woodworking skills to beginner and intermediate woodworkers. Students will have the opportunity to work in the woodshop for an additional fee.

\$61 Non-Member \$49 Member

CENTRAL DENVER: Colorado & Evans
1509AY: One Sat., 2-5 PM 9/15
1509BA: One Sat., 2-5 PM 11/10
1509BB: One Sat., 2-5 PM 1/26

Everyone Has a Story to Tell

Journal-writing is a powerful tool that explores the self, relationships, life trauma, celebrations, raising the subconscious, catharsis, grief recovery and buried issues. The habit of writing daily, even if only for ten minutes or so, can provide tremendous insight.. Experiment with different techniques, respond to a wide variety of prompts, and get launched on a writing practice that meets your needs. **Lucy Smith** is a published writer, who also teaches, coaches, and edits.

\$101 Non-Member \$89 Member

\$1 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2013E: Four Tue., 6:30-8:30 PM Begins 9/4
2013F: Four Tue., 6:30-8:30 PM Begins 10/2

Let's Get it Write!

Writer's Workshop

Ready to graduate from dabbler to accomplished writer? Through discussion, writing exercises, and feedback this workshop will take your writing to the next level. You will work in a variety of genres to find what suits you and build skills. Practice ways to enrich your writing with metaphors, idiom, onomatopoeia, alliteration, and much more. Find your own unique voice and discover techniques for keeping the flow going. **Lucy Smith** holds a B.F.A. from Washington University in St. Louis and completed the masters program at the University of Denver in creative writing.

\$161 Non-Member \$149 Member
\$3 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2014K: Six Thu., 6:30-8:30 PM Begins 10/4

Writers, Start Your Novels!

Gain an overview of the novel writing process from a published author. Explore the basics of plot and character development, pacing, point of view, and how and when to use narration and dialogue most effectively. Learn the dos and don'ts of novel writing so you can make your story pop with new energy. This course works for all genres of fiction writing and all aspiring writers are welcome! **J Allan Danelek**, has written or co-authored eight books and taught classes on the inner workings of the publishing industry for several years. Handouts will include samples showing how mediocre writing can be reworked into exceptional prose and how to avoid the ten biggest mistakes aspiring novelists frequently make.

\$61 Non-Member \$49 Member

CFU LOWRY: Near 1st & Quebec
2097V: One Sat., 1-3:30 PM 10/13
2097W: One Sat., 1-3:30 PM 12/15

Your Life in Print

Memoirs, Personal Essays, and Autobiographical Fiction

You have a story to tell and probably at least one book in you. Memoir writing is a valuable tool for understanding the meaning of your life, processing your experiences, and learning all that can be learned from them. It's a way of turning profound moments into art and giving others the chance to learn and be moved by your life story. Learn what a memoir is and how to focus the themes and time—frames of your life in order to write a memoir. Learn the difference between writing a summary and describing a scene and how you can mix the two. Through discussion, reviewing sample memoir pieces, and in-class writing exercises, novelist and writing teacher **Evon Davis** will get you telling the story of your life.

\$51 Non-Member \$39 Member
\$20 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
2048BC: One Sat., 1-4 PM 9/29
2048BD: One Sun., 1-4 PM 10/28
2048BE: One Sun., 1-4 PM 12/2
2048BF: One Sat., 9 AM-12 PM 1/26

So You Want to Write a Book Fiction & Non-Fiction

So you want to write a book—a publishable book! This seminar gives you key tools to conceive, write, and sell your work to publishers. Learn to think about your work as a product, assess your competition, and sell your product to a publisher. Topics include: how to find good book, novel, or article ideas, ways to research your idea, the most suitable genre for reaching your target market, and five elements to include in anything you write. Learn strategies for the first, second, third...drafts and how to get a publisher, an agent, and a contract. Also learn about e-book publishing and the future of publishing. **Othniel Seiden**, MD, worked in advertising, writing for radio, television, and newspaper before medical school. Author of articles for magazines, medical columns, and editorials, he has been a book and magazine editor and a technical writer for medical devices. Author of *So You Want to Write a Book*, he has had over 50 books published, including novels, self help books, histories, and a language course. Google him!

\$52 Non-Member \$40 Member
\$15 recommended optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1998CM: One Sat., 1-4 PM 9/22
1998CN: One Sat., 1-4 PM 10/27
1998CO: One Sat., 1-4 PM 12/8
1998CP: One Sat., 1-4 PM 1/12

Writing

Answer the Call to Write Developing a Writing Practice

Whether you're a seasoned writer or just starting out, this workshop will help you establish a more sustained practice. We will discuss the concepts behind writing practice, materials you'll need, and different types of prompts that get you started. Practice, in class, using a wide variety of prompts and discover how to find them on your own to stay in the flow. **Daniela Uslan** has an MA in Educational Psychology from the CU Denver and a BA in Creative Writing from Hampshire College.

\$57 Non-Member \$45 Member
\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1906AV: Two Thu., 6-7:30 PM Begins 9/20

1906AW: Two Thu., 6-7:30 PM Begins 10/18

1906AX: Two Thu., 6-7:30 PM Begins 12/6

1906AY: Two Thu., 6-7:30 PM Begins 1/17

Creating Compelling Characters

When people read stories, they want to feel what the characters feel. They want to be moved, touched, and inspired by character-driven stories. Writers do this through the way they create their characters. In this workshop, we will explore the elements needed to make your characters ones that readers will love. **Evon Davis** is the author of several books, including two novels, *Pandora's Box* and *The Bohemian Life*.

\$51 Non-Member \$39 Member

\$20 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2095O: One Sun., 9 AM-12 PM 9/30

2095P: One Sat., 9 AM-12 PM 10/27

2095Q: One Sat., 9 AM-12 PM 12/1

2095R: One Sun., 1-4 PM 1/27

Plotting a Novel, Memoir, or Screenplay

The Structure That Holds It All Together

Mythic structure can be found in almost every myth worldwide from ancient times to modern-day blockbusters like *Star Wars* or *Harry Potter*. This structure creates compelling stories and provides organization. Learn about the 12 stages of the hero's journey and use those 12 stages to plot the main character's journey. Work with your own story ideas and turn them into functional outlines. **Evon Davis**.

\$51 Non-Member \$39 Member

\$20 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3235AR: One Sat., 9 AM-12 PM 9/29

3235AS: One Sun., 9 AM-12 PM 10/28

3235AT: One Sun., 9 AM-12 PM 12/2

3235AU: One Sat., 1-4 PM 1/26

Strategies for Better Business Writing

Are your emails getting read and responded to in the way you want, when you want? Is your grammar correct, and are your punctuation skills where they should be? Make sure your business writing skills are sharp and clear enough to really cut through the "data smog" of information and reach your customers and clients. This class teaches you a pain-free process for writing that makes writing easy, gets your message read, and helps you produce the results you want in business and life. The class is designed to be fun and informative—a combination of lecture and interactive exercises. **Mary Grace Glasier** has led writing workshops in major corporations and to thousands of people around the U.S. She now leads programs internationally to business professionals who want to take their results and their career to higher levels.

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2089AQ: One Sat., 9 AM-12 PM 9/22

2089AR: One Sat., 9 AM-12 PM 11/17

Grammar Rules! Grammar for Grown-Ups

Grammar is tricky! Besides, nobody's perfect and we're all in this together. Take this great chance to refresh your skills and by the end, you'll understand the basics of grammar and feel more confident in your self-expression. We'll start with punctuation, review parts of speech, tackle run-on sentences, and take a look at commonly misused words. In the final class, we'll put it all together so you can put what you've learned to use. **Cassie Sanchez** has a Master's of Arts in teaching secondary English and has been substitute teaching a wide variety of English classes throughout Denver this past year. She tutors many students on writing skills. Over the years, she has had several short stories and poems published and has helped create and publish school newsletters, yearbooks, and magazines for the last five years. Students should purchase *The Everything Grammar and Style Book* 2nd Edition by Susan Thurman, ISBN-13: 978-1-59869-452-9. The materials fee covers hand-outs.

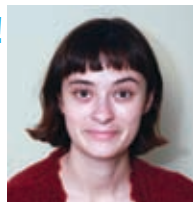
\$110 Non-Member \$98 Member

\$6 materials fee payable in class

Student buys book

CFU LOWRY: Near 1st & Quebec

1910E: Four Wed., 7:30-9:30 PM Begins 10/3



Formatting & Publishing Your eBook

EBooks now outsell print books 3-to-1 and the barriers to getting published have never been lower. But how do you get your book properly formatted for the major eBook marketplaces? In this workshop, you will learn how to use Microsoft Word or Open Office to beautifully transform any text or pictures into a format suitable for publishing an eBook directly to Amazon and B&N. You will learn to produce an eBook you will be proud of without expensive software. You will also see how the same file can be used to setup print-on-demand. **Brian Schwartz** is the president of the Colorado Independent Publishers Association and founder of KindleExpert.com. As an author, publisher, and eBook expert, he has been teaching authors and publishers how to embrace the exploding eBook marketplace since 2009.

\$61 Non-Member \$49 Member

\$2 materials fee payable in class

\$79 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1923C: One Tue., 6-9 PM 9/25

1923D: One Sat., 1-4 PM 11/10

1923E: One Sat., 9 AM-12 PM 1/26

Inside the Publishing Industry Getting Your Manuscript Through the Door

Gain first-hand knowledge of the industry from local author **Jeff Danelek**. Discuss various paths to publication available to aspiring fiction and non-fiction writers and how to overcome the hurdles, pitfalls and scams so common to the industry. Discuss whether you need and how to acquire an agent, how to write an effective query letter and synopsis, and how to build a platform from which to sell your book. Look at the value of entering writing contests, how and when to pitch to agents and editors, and other useful tricks of the trade designed to get your name into print. A must for beginning authors and "old hands" who have been trying for years to get their manuscript into print without success. A member of the Author's Guild, Jeff designed this course to teach serious writers how to get their manuscript into the hands of an agent or editor.

\$61 Non-Member \$49 Member

CFU LOWRY: Near 1st & Quebec

1963BA: One Sun., 1-3:30 PM 9/16

1963BB: One Sat., 1-3:30 PM 11/17

1963BC: One Sat., 1-3:30 PM 1/19

Last chance for Grammar Rules!

Nail That Paper

Academic Research Papers Made Easy

Writing papers is a huge part of being in school, but many students approach writing papers with a sense of dread because they don't know where to start. That's where this class comes in. Learn the 4 step process to planning your paper, including reading the assignment correctly, choosing a topic, researching, and writing an outline. Bring an assignment from school to work on, or practice writing with an assignment given in class. Perfect for new and returning students alike! **Daniela Uslan** has an MA in Educational Psychology from the University of Colorado at Denver and a BA in Creative Writing from Hampshire College. She tutors adults in writing and technology and substitute teaches in Denver Public Schools.

\$36 Non-Member \$24 Member
\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1908F: One Sat., 1-4 PM 9/22
1908G: One Sun., 1-4 PM 10/14
1908H: One Sun., 1-4 PM 11/18
1908I: One Sun., 1-4 PM 1/20

Keys to Writing & Selling Your Children's or Teen Book

Whether you write picture books or are working on the next fantasy novel for teens, this introductory course can help you negotiate a path to success. The class covers the two most important parts of that success: the actual writing and getting published. First, learn from an award-winning children's/teen author ways to identify what makes a good story, and explore good writing and revising techniques. Then jump in and get an overview of the children's book publishing industry, including the types and levels of children's books, terms you need to know, the latest on children's e-books, apps, and digital publishing, the role of an agent, and more! **Denise Vega** has published six books from toddler to teen, including her "blog" books: *Click Here (to find out how i survived seventh grade)*—a Colorado Book Award winner—and *Access Denied (and other eighth grade error messages)*. Her other teen novels are the award-winning *Fact of Life #31 and the brand new Rock On: A story of guitars, gigs, girls, and a brother (not necessarily in that order)*. Picture books include *Build a Burrito: A Counting Book in English and Spanish*, illustrated by Caldecott Medal winner David Diaz and the award-winning *Grandmother, Have the Angels Come?*.

\$51 Non-Member \$39 Member
\$3 materials fee payable in class

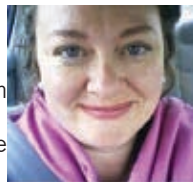
CFU LOWRY: Near 1st & Quebec
2006S: One Wed., 6-9 PM 10/17
2006T: One Sat., 9 AM-12 PM 1/12

NEW! Intro to Screenwriting

Chasing down the Hollywood dream of overnight screenwriting success? This conversation with Amanda will bring you a balanced view of the expectations surrounding a screenwriting career in Hollywood and beyond. Gain a broad overview of the actual tools, practice and commitment to which every professional screenwriter abides, and by the end of two hours you'll either eagerly jump in or be ready to live another dream. **Amanda Morris Johnson** started working in Hollywood with top literary agents, and worked through every level of the business. Her credits include everything from interactive gaming; B2B videos; the founding of filmmaking festivals; entertainment property licensed publications and writer-for-hire scripts. She has been in the business for 20+ years and has stories to tell. You can find her on Facebook, Twitter, Tumblr, and Blogger under "kosmicegg".

\$66 Non-Member \$54 Member

CFU LOWRY: Near 1st & Quebec
1145AK: One Sat., 10 AM-12 PM 10/13
1145AL: One Sat., 10 AM-12 PM 12/8
1145AM: One Sat., 10 AM-12 PM 1/19



How to Be a Travel Writer The Easy Way!

If you have the wanderlust but not the money to pay for it, consider becoming a travel writer. Travel writers stay in the best hotels, eat the finest food, and experience VIP treatment for free. Gain the inside information necessary to get started in this exciting career. Learn the secrets of travel writing, how to get started with local and online publications, and use the Internet to find out about free trips and the best sites for writers. Learn how to build a media contact list, obtain assignments, approach airlines for free airfare, conduct interviews, create a portfolio, and take photos that sell. Discover advanced techniques for writing product reviews and how to obtain apparel, gear, and accessories without paying a cent. **Ron Stern** is the travel columnist for the San Diego Community Newspaper Group and editor-in-chief of *JustSayGo*. The materials fee includes two booklets loaded with insider contacts for the travel industry.

\$56 Non-Member \$44 Member
\$25 optional materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1937CQ: One Sat., 1-4 PM 9/8
1937CR: One Sun., 1-4 PM 10/7
1937CS: One Sat., 1-4 PM 11/3
1937CT: One Sat., 1-4 PM 1/5

Acting for the Camera

Explore the difference between acting in front of an audience and acting in front of a camera. You'll find out that 'less is more' on film. This class is ideal for anybody who wants to take the first few steps to acting in front of the camera or seasoned stage performers who want to discover how to deliver great moments on screen. Actors will gain comfort and control with the silence and space of 'being in the moment. **Patrick Sheridan** gave up his corporate job to pursue his passion of filming, producing, and directing movies. His first feature-length motion picture *Jimmy Said* is currently in post-production and he has other projects in the works. He has taught a variety of workshops for actors and writers of all abilities. Patrick is the Program Director for Bug Theatre's Emerging Filmmakers Project (EFP).

\$162 Non-Member \$150 Member
\$10 materials fee payable in class

N.W. DENVER: 38th & Navajo
1241AL: Four Tue., 6:30-9:30 PM Begins 9/4
1241AM: Four Tue., 6:30-9:30 PM Begins 10/2
1241AN: Four Tue., 6:30-9:30 PM Begins 11/6

Luke Terry

"provided great exercises to help us get comfortable as a group as well as learn to act... I had great fun and I felt very comfortable attempting to act—which for someone that is shy is a cool thing" — L.S.

Beginning Acting and Scene Study

Acting can be a rich and fulfilling creative experience. Whether you've always wanted to give it a try or are ready to rekindle an old interest, this class is for you! Explore character development, scene study, as well as tools and exercises that can expand and enrich the actor's skill. Learn what makes for strong choices on stage and how to connect with the material and not just recite the lines. Class culminates in a showcase where you perform for friends and family. **Luke Terry** has been involved in over 30 theatrical productions in the Denver area, doing everything from acting and directing to sound design and special effects. He earned his BFA in Theater from Western State College and is currently working towards his Master's degree in Education.

\$171 Non-Member \$159 Member
\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1167T: Six Sun., 3-5 PM Begins 9/23
1167U: Six Sun., 3-5 PM Begins 1/20

Performing Arts

NEW! Instant Improv

Improv gets you thinking on your feet. It's your chance to get out of your head, let loose your spontaneous self, and tap into your playful creativity. Introverts love Improv because they experience themselves in a more energized, expansive way. Extroverts love it because...well, they're extroverts. This class is a supportive and fun opportunity for you to learn fool-proof improvisation techniques and skits and then to perform them in a class graduation show for friends and family. A wonderful side-effect will be that you'll develop a new outlook on your personal and professional relationships and improved skills for listening, tuning in, and being present, responsive and engaged.

Pam Hyde has taught Improv to beginners for over ten years. She writes, directs and produces musical revues in Denver as well as hosting eclectic urban retreats at the Wright Urban Retreat Center, just north of Denver.

\$62 Non-Member \$50 Member

CFU LOWRY: Near 1st & Quebec

1133BM: Four Wed., 6:30-8:30 PM Begins 10/3

Intro to Stand-Up Comedy

What does it take to do stand-up comedy? Come have a great time learning the basics of the craft-both writing and performing.

Learn the how to mine joke ideas and develop an effective stand up routine. Students will get to try out their material in front of the class and get encouraging, thoughtful critiques. **Charles C. Pang** started doing stand-up in 2007, and is currently performing at Comedy Works, The Improv, and Loonee's Comedy Corner. He has studied under Eddie Brill (talent scout for The Letterman Show) and Jeff Singer (producer of the Montreal Comedy Festival).

\$81 Non-Member \$69 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1207BE: Four Mon., 6-9 PM Begins 9/10

1207BF: Four Mon., 6-9 PM Begins 11/12

Continuing Stand-Up Comedy

Explore how to resolve some of the problems comedians face coming up with new material, testing out ideas, writing setups and punch lines, and reworking jokes. Learn more about networking with other comedians, how to find paying gigs, and the business of comedy. **Charles C. Pang.**

\$81 Non-Member \$69 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1208AP: Four Mon., 6-9 PM Begins 10/8

1208AQ: Four Mon., 6-9 PM Begins 1/7

NEW! Performance Anxiety Buster

Get a Grip on Stage Fright

If you get sweaty palms, a pounding heart, or dry "cotton mouth" at the mere thought of public speaking or performing, you need to take this class! Learn from an experienced professional singer and vocal coach, **Cindy Williams**, the common causes of performance anxiety and how to prevent them in the first place. Class is a combination of sharing and discussion of techniques that Cindy finds helpful for managing and dispelling the jitters. Practice body language, breathing, and positive visualization techniques that convey and make you feel more poised and calm in your stage presence. Class is helpful for anyone who experiences anxiety before an audience: speakers, singers and other performers, business people, teachers, and more.

\$41 Non-Member \$29 Member

\$3 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1962A: One Mon., 6-8 PM 10/8

1962B: One Mon., 6-8 PM 12/10



Intro to Character Voice-Over For TV, Cartoon, and Film Animation

Explore the world of voice acting, working with other students to create character voices for TV, multimedia and feature film animation. Workshop covers the basics of creating characters, improvisation, breathing and mic technique, how to read scripts with other participants. Get the inside scoop on the business of voice-over, including what agents and producers look for in a character voice, the audition process, union vs. non-union work, how to market yourself to agents. **Brent Brace** taught voice-over in L.A. for 20 years and recently moved to the Metro Denver area where he sends his voice throughout the nation from his voiceover production studio. Students will leave class with scripts, a pro's insight into the industry, and will be sent a CD or Mp3 .wav file from their 5 sessions.

\$197 Non-Member \$185 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

3174F: Five Sat., 1-3:15 PM Begins 9/29

3174G: Five Sat., 1-3:15 PM Begins 11/10; Skips 11/24

3174H: Five Sat., 1-3:15 PM Begins 1/5

Voice-Over

Do You Have What It Takes?

Learn about the lucrative and competitive business of voice-over and what qualities you need to succeed. Discover how to break into voice-over and market your voice talents. Topics include: union work versus non-union; commercials for TV/radio, narration, audio books and animation voicing; and talent agents and managers. You'll work in front of a mike and "cold read" two commercial spots, followed by critical feedback. **Bill Smith** (SAG & AFTRA) has four decades of stage and film credits as actor, director, producer. He taught conservatory acting at Cornell University. He created Denver's The Acting Studio in 1982 to train stage, film, and voice-over actors. The Studio includes a production division for marketing demos and low budget films. Students will receive, by email, a personal MP3 of their studio session.

\$46 Non-Member \$34 Member

\$5 materials fee payable in class

EAST DENVER: 12th & Krameria

3172CC: One Wed., 6:30-9:30 PM 9/19

3172CD: One Wed., 6:30-9:30 PM 10/10

3172CE: One Wed., 6:30-9:30 PM 10/24

3172CF: One Wed., 6:30-9:30 PM 12/12

3172CG: One Wed., 6:30-9:30 PM 1/9

Voice-Over Intensive

Make Money in Voice-Over

This intensive workshop prepares you to break into the voice-over industry. Begin with techniques in voice speech dynamics and warm-ups. Then, look at how to create your demo website of samples of your voice work to get your foot in the door of this potentially lucrative industry. What equipment do you need to build your home voice-over studio? You'll rehearse and record a range of "copy"-TV/radio commercials, infomercials, and samples of narration, audio-books and animation. Receive (by email) MP3s of your four studio sessions. Learn mic technique, interpretation and characterization, and how to get your demo produced. Be ready to work hard, do homework, and get detailed critiques of your strengths and weaknesses. Your coach, **Bill Smith**, director of The Acting Studio (Denver), was certified as a master teacher by Arthur Lessac, the renowned innovator of a voice and speech system for stage, film, and broadcast actors.

\$151 Non-Member \$139 Member

\$8 materials fee payable in class

EAST DENVER: 12th & Krameria

3173AX: Four Wed., 6:30-9:30 PM Begins 11/7:

Skips 11/21

3173AY: Four Wed., 6:30-9:30 PM Begins 1/16



Beginning Voice

Are you reluctant to let people hear you sing Happy Birthday at a friend's party or the national anthem at a football game? Or, have you always wanted to improve your singing, but never had the time before? This is your class! Learning to sing is like learning to play an instrument; proper technique combined with practice can lead to an accomplished performance. This class will cover correct singing technique (including diaphragmatic breathing and posture), care of the voice, projection, and interpretation of the lyric. Basic concepts of music theory will be touched on as well. Singer and vocal coach **Cindy Williams** has been performing for over 30 years, and combines technical knowledge with real-life experience. This experiential class includes demonstration as well as practice. You'll be delighted to find how your voice improves in just three weeks.

\$98 Non-Member \$86 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1199CM: Three Wed., 6-8:30 PM Begins 10/10
1199CN: Three Wed., 6-8:30 PM Begins 12/5

Beyond Karaoke

Taking Your Singing to the Next Level

If you have a passion for singing, delve into the topics singers need to know to begin performing publicly. Each week will cover a different topic: basic music theory for singers, overcoming stage fright, and how (and what) to communicate to the band.

Cindy Williams has performed and taught in Denver for over twenty years.

\$110 Non-Member \$98 Member

\$5 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1198E: Three Wed., 6-9 PM Begins 9/12

Beginning Piano Class

After three small group lessons, you'll be able to play piano and read music! Learn to read music from both the treble and bass clefs simultaneously. No particular style of music will be featured, as emphasis is on developing the ability to read music. Each student will work at an electric piano. **Carol Zeleny** has a B.MU Ed. in piano and has taught music in the public schools since 1963. Independent study is also available for this course. Please ask our registration department about session "Z" if you're interested.

\$84 Non-Member \$72 Member

\$11 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1667DT: Three Sat., 1:30-2:50 PM Begins 10/6;
Skips 10/13
1667DU: Three Thu., 6:45-8:05 PM Begins 12/6

Tropical Escape

Learn to Play Caribbean Steel Drums

This engaging and fun introduction to steel drum performance is for novices and experienced musicians alike. Steel drums (pans) originated in Trinidad and Tobago. Pans can perform any style of music, but with an unmistakably unique sound. Steel bands utilize many different kinds of pans, such as: tenors, double tenors, double seconds, double guitars, triple guitars, 4-cellos, basses, and of course lots of percussion! Dive right into a fun, popular song and learn a corresponding scale to improvise. Steel drumming is an excellent way to add pizzazz to your life. After classical percussion training at the University of Northern Colorado, **Rick Henson** formed his own teaching and performance company, Rocky Mountain Steel Bands, in 2003. Rick has since become one of the leading steel drum educators in the US and loves turning others on to the joy of steel drumming. Materials fee includes steel drums to use during classes, a handbook with diagrams, sheet music, scales, patterns, resources for further study, and a guide to purchasing steel drums.

\$77 Non-Member \$65 Member

\$12 materials fee payable in class

\$50 optional materials fee payable in class

ENGLEWOOD: Broadway & Hampden
1708I: Four Wed., 6-7 PM Begins 9/19
1708J: Four Wed., 6-7 PM Begins 10/17; Skips 10/31
1708K: Four Wed., 6-7 PM Begins 1/9

Beginning Piano for Fun!

For many beginners, learning to play the piano can be confusing and/or frustrating. It should be easy, however, as well as fun and joyful! This class can help beginning piano players learn to play popular or classical music, either by ear or by reading music. Learn how to play chords, pick out melodies, integrate basic rhythms, and impress your friends and family with your new skills. This course gives you an excellent springboard to launch your creative wings! Instructor **Gail Hamilton** has a gift for creating music that inspires both heart and soul, and her specialty lies in turning novice into veteran. Gail has both BA and MA degrees in music. She performs in the Denver area, and also has enjoyed teaching beginning piano to students, of all ages, in the Denver community for over 25 years.

\$71 Non-Member \$59 Member

\$20 optional materials fee payable in class

S.W. DENVER: Evans & Santa Fe
1644CE: Four Tue., 6-7 PM Begins 9/4
1644CF: Four Tue., 6-7 PM Begins 11/6
1644CG: Four Thu., 6-7 PM Begins 1/10

Beginning Guitar

Learn how to play guitar without needing to know how to read music. The goal of this workshop is to help each participant get on the path to reaching his/her own personal musical goals. It is important that players learn proper techniques so they can build on their skills. Start with how to hold the guitar, change strings, tune your guitar, read chord charts, and play major, minor, and 7th chords. By the end of class players will be able to play a song that includes at least one of each type of chord. Even more importantly, you will experience the sheer pleasure of playing the guitar. **Nate Sanchez** is a professional musician who loves sharing his love of guitar with students.

\$91 Non-Member \$79 Member

\$7 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1660G: Four Wed., 6:30-8:30 PM Begins 9/5
1660H: Four Wed., 6-8 PM Begins 10/3
1660I: Four Wed., 6-8 PM Begins 10/31; Skips 11/21
1660J: Four Wed., 6-8 PM Begins 1/9

NEW! Continuing Guitar

By popular demand! Pick up where you left off in Beginning Guitar and continue to develop your skills on this beloved instrument. **Nate Sanchez** is a professional musician who loves sharing his love of guitar with students. Prerequisite: You must have attended Nate's Beginning Guitar (#1660) prior to this class.

\$91 Non-Member \$79 Member

\$7 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
1661C: Four Mon., 6-8 PM Begins 10/1
1661D: Four Mon., 6-8 PM Begins 11/5
1661E: Four Mon., 6-8 PM Begins 1/7

Beginning Harmonica

You'll be amazed at how quickly you can pick up a few simple techniques that will have you playing funky blues and folksy melodies and jamming with your friends. Learn to play harmonica from a master who has performed professionally for forty years and taught well over a thousand beginners how to have fun making music on the most portable and affordable instrument in the world. **Clay Kirkland** has performed with Chuck Berry, Robben Ford, Willie Nelson, the Colorado Symphony Orchestra, and many others. Bring a ten-hole diatonic harmonica (like Hohner's Marine Band) in the key of C. Don't miss this chance to learn from one of the best!

\$71 Non-Member \$59 Member

CFU LOWRY: Near 1st & Quebec
1697CC: One Sat., 1-4 PM 10/20

Dance

Zumba

Join the party! Zumba is the hottest workout around—high energy and fun! This aerobic fitness class combines dance with various Latin rhythms to make exercise fun and get you moving. Wear workout clothing and be prepared to sweat! **Senora Gillespie.**

\$51 Non-Member \$39 Member

CENTRAL DENVER: 6th & Broadway
2275KF: Four Mon., 6-7 PM Begins 9/10
2275KG: Four Mon., 6-7 PM Begins 10/8
2275KH: Four Mon., 6-7 PM Begins 10/29
2275KI: Four Mon., 6-7 PM Begins 11/26
2275KJ: Four Mon., 6-7 PM Begins 1/7

Beginning Salsa Dancing

Try the hottest partner dance of the new millennium! (Singles welcome, no partners necessary.) Learn how to dance the basic steps and move your body like you were born that way! You can't go to any major city in the world without seeing a salsa club. Accomplished dancers Senora and **Jig Gillespie** will share some of the tricks they've learned. Senora and Jig teach Monday and Tuesday classes.

\$57/singles \$108/couples Non-Member
\$45/singles \$86/couples Member

CENTRAL DENVER: 6th & Broadway
2283MW: Four Tue., 7-8 PM Begins 9/4
2283MX: Four Mon., 7-8 PM Begins 9/10
2283MY: Four Mon., 7-8 PM Begins 10/1
2283NA: Four Tue., 7-8 PM Begins 10/2
2283NB: Four Mon., 7-8 PM Begins 10/29
2283NC: Four Tue., 7-8 PM Begins 10/30
2283ND: Four Mon., 7-8 PM Begins 11/26
2283NE: Four Tue., 7-8 PM Begins 11/27
2283NF: Four Mon., 7-8 PM Begins 1/7
2283NG: Four Tue., 7-8 PM Begins 1/8

Beginning Irish Dance For Adults!

If you have ever seen Riverdance, if your feet cannot stop tapping to Irish music, or you just feel like doing a jig on St. Patrick's Day, this course for is for you. Learn the basic elements of Irish dance in a fun and interactive way, using various speeds of traditional Irish music. Practice the steps of a reel and a jig and then put those steps to good use in a group dance setting. You'll review the steps in each class session to gain mastery. **Martin Percival**, former principal dancer with "Lord of the Dance" and "Riverdance", will show you how easy it is to learn the basics. Martin has been dancing for 34 years, winning many titles as a competitive dancer. Martin demonstrates and you follow along. It's as simple as that!

\$62 Non-Member \$50 Member

WEST DENVER: 6th Ave & Federal Blvd
2118N: Four Wed., 7-8 PM Begins 9/5
2118O: Four Wed., 7-8 PM Begins 10/3
2118P: Four Wed., 7-8 PM Begins 1/9

Cathy Ewing & Company Social Dance

Cathy Ewing has been teaching social ballroom, Latin, swing, and country western dance since 1984, and for CFU since 1999. She has been professionally trained as a dance instructor and continues her training with world-known pros through the BYU Ballroom Dance Program.

All Classes (except Wedding/ Special Event Dance):

\$57/singles \$108/couples Non-Member
\$45/singles \$86/couples Member
CENTRAL DENVER: I-25 & Alameda

General Information:

NO PARTNER NECESSARY. Students and teachers rotate to ensure everyone gets to dance. Please wear comfortable clothing and shoes, leather soles preferable. **FREE REPEATS** are offered to allow students to practice and continue learning. Only one person of a couple need register.

Basic Dance Techniques For Couples and Singles

Learn how to effectively lead and follow, count, and how to recognize rhythm patterns and phrasing. These universal dance tips and techniques can be applied to a wide variety of music and social occasions. Bring all your questions and a notepad! **Cathy Ewing & Company.**
2276BO: Four Tue., 6-7 PM Begins 10/2
2276BP: Four Tue., 6-7 PM Begins 1/8

Nightclub Dancing For Couples and Singles

The Nightclub Two-Step can be used with a wide variety of slow to moderate tempo music. This very attractive and romantic dance consists of simple, easy-to-learn patterns. It can be done in a spot on a crowded floor or can travel elegantly around a large floor. **Cathy Ewing & Company.**
2277BO: Four Tue., 7-8 PM Begins 10/2

Beginning Latin Ballroom

Learn the basics of American-style cha-cha, mambo, and rumba. These dances can be danced to a wide variety of music including Latin, rock and roll, pop, and country-western. Join the instructors and fellow students for an evening of ballroom and Latin dancing. **Cathy Ewing & Company.**
2251AP: Four Tue., 8-9 PM Begins 10/2
2251AQ: Four Tue., 8-9 PM Begins 1/8

Swing, Swing, Swing

Learn the basics of swing dancing from Lindy Hop to Jitterbug, East Coast, and the sophisticated West Coast Swing. The focus is on basic swing dance skills, rhythms, and leading/following while learning fun basic patterns. **Cathy Ewing.**
2270CE: Four Tue., 7-8 PM Begins 9/4
2270CF: Four Tue., 7-8 PM Begins 10/30

Beginning Ballroom (Smooth)

This class features American-style waltz, fox trot, and tango from basic steps to beautiful turns. Experience the elegance and joy of dancing to Big Band Ballroom music. Have fun while learning essential leading and following techniques and form so that you can "move as one" across the floor with a partner. **Cathy Ewing & Company.**
2206CH: Four Tue., 6-7 PM Begins 9/4
2206CI: Four Tue., 6-7 PM Begins 10/30

Country-Western Dancing

Featuring the two-step, triple step, and the double rhythm two-step, this class is designed to teach you leading and following techniques that will have you moving freely and smoothly with a partner and allow you to gain the freedom and confidence to express your own creativity on the dance floor. Go out dancing with the class afterwards. **Cathy Ewing & Company.**
2224AU: Four Tue., 8-9PM Begins 9/4
2224AV: Four Tue., 8-9PM Begins 10/30

Wedding/Special Event Dance

Getting married? Have an anniversary or special event coming up? With no previous dance experience, you can move easily with your partner and look like you've danced together forever. Bring your own music if you like, and the instructors will help you create a unique romantic or playful dance to your special song. This is an intensive crash course, offering 2-3 hours of instruction and dancing practice each week. **Cathy Ewing.**
\$162/couple Non-Member \$150/couple Member
CENTRAL DENVER: I-25 & Alameda
2272BK: Four Tue., 6-8 PM Begins 10/2
2272BL: Four Tue., 6-8 PM Begins 1/8

Beginning Belly Dance

Belly dancing is an ancient form of dance. Learn the basic traditional moves; isolated movement of the hips, torso, belly, and arms; and the specific breathing techniques that have been known to improve the overall health of the body and psyche. On the last day, we learn to dance with three-yard silk veils (loaned by the teacher). **Eva Cernik** has been teaching and performing belly dance in the Mid-East and U.S. for over two decades. Please wear a long skirt or pants with elastic waist that can be worn at the hips and a leotard, midriff top, or form fitting t-shirt. We usually dance in bare feet.
\$66 Non-Member \$54 Member
CFU LOWRY: Near 1st & Quebec
2228CW: Four Tue., 7:30-8:45 PM Begins 9/4
2228CX: Four Tue., 7:30-8:45 PM Begins 11/13
2228CY: Four Tue., 7:30-8:45 PM Begins 1/8

Acupressure Face Lift

Your face beautifully shows the passage of time and the wisdom of your years-but we can all use a bit of lift here and there too! Come learn simple facial massage and acupressure techniques that work on nerves and muscles to smooth crows feet and furrowed brows, tighten jowls, and bring a rested, younger appearance without going under the knife. Best yet, you can do them on yourself and they cost nothing. Esthetician **Angela Jensen** has been practicing wholistic skin care for 20 years. In addition to working on your own face, Angela will demonstrate on each student so you'll know if you're doing the exercises correctly. She'll also share her professional knowledge about the myths/facts proposed my many of the products and devices on the market (can that expensive cream REALLY erase dark spots?). Come find out in this fun, hands-on class!

\$51 Non-Member \$39 Member
\$9 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2500BI: One Sat., 1-4 PM 9/22
2500BJ: One Sat., 1-4 PM 11/3
2500BK: One Sat., 1-4 PM 1/12

Fresh Look, Fresh Face Update Your Make-Up & Skincare

Freshen up your whole look by evaluating your skincare regimen and learning to apply make-up in a new way. In class, use SPA, a scientific personalized analysis tool that measures your specific skin type and skin care needs with high-tech sensors. Discuss the pros and cons of all the latest treatments you hear about such as microdermabrasion and laser treatments. Find out more about anti-aging skin care and what you must do to keep skin youthful and healthy. Finally, get hands (and face) on applying makeup from foundation up, learning your best colors and most flattering application techniques including how to make sure your make-up lasts. The class includes a free, one-hour, one-on-one follow-up consultation with the instructor at her home after class. **Connie Malinowski** is a certified image consultant with BeautiControl Skin Care, Spa, and Image specializing in head to toe makeovers. She desires to help women look their personal best through clothing and makeup choices. Please bring a headband and be ready for some fun!

\$46 Non-Member \$34 Member
\$3 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2611CW: One Sat., 9 AM-12 PM 10/13
2611CX: One Sat., 9 AM-12 PM 12/1
2611CY: One Sat., 9 AM-12 PM 1/26

Secrets of a Thrift Store Fashionista

Denver has some of the best thrift stores and consignment shops in the country-come learn where they are located, and tips and tricks to building a wardrobe for pennies on the dollar that suits your unique needs. The first steps to being a savvy thrift store fashionista start in the classroom. Discover where to go, what to avoid, the best days for deals, and how to decide what you really need (yes, it's inexpensive, but will it look good on you?). Meet at one of Denver's best local thrift stores the following Saturday and let Deborah coach you through daily deals and fashion choices. **Deborah Carr** owns Carr Image Group, LLC, a training and personal development company. She is an International Certified Image Consultant, an Executive and Personal Coach and she has 30 years in management and corporate training with United Airlines.

\$61 Non-Member \$49 Member
\$5 materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2608R: One Thu., 6-8 PM 9/13 & One Sat., 9-11 AM 9/15
2608S: One Thu., 6-8 PM 10/11 & One Sat., 9-11 AM 10/13
2608T: One Thu., 6-8 PM 11/29 & One Sat., 9-11 AM 12/1

Lighten Your Toxic Load™ Discover a Path to Clean Living

Come discover how many of today's rampant health issues may be linked to our toxic, industrialized diet and what you can do about it for yourself and your family's health. Take a short quiz to assess your personal toxic load. Examine some popular foods and discover their degree-or lack-of-toxicity. Demystify the meanings of "conventional," "natural," "organic" and "GMO" and learn to better-read food labels. Leave with simple steps to immediately limit your exposure to toxic food, including lists of acceptable foods and brands, and resources to learn more. **Colleen Patrice**, BA Psychology and MA Spiritual Psychology, has been studying organics and the food industry for over 20 years and is currently writing a book on the subject. **Brett Hall**, R.D. has a BS in Nutrition and Food Science from UC Berkeley and has been in the food and nutritional supplement industry for over 20 years.

\$36 Non-Member \$24 Member
\$3 materials fee payable in class
\$8.95/\$14.95 optional materials fee payable in class
CFU LOWRY: Near 1st & Quebec
2591G: One Sat., 9:30 AM-12 PM 9/15
2591H: One Sun., 1-3:30 PM 10/21
2591I: One Thu., 6-8:30 PM 1/10

Barefoot Doctor's Traditional Chinese Medicine Workshop

Chinese medicine can enable you to reduce your risk of heart disease, feel better, and live longer. Learn the basic concepts and techniques of Chinese medicine through hands-on experience in a real clinic with an experienced practitioner and teacher. Explore at least ten, easy, do-it-yourself techniques that can dramatically improve your health, including acupressure, herbs, and QiGong movement. Learn acupuncture points, herbs, and exercises for headaches, low back pain, depression, fatigue, arthritis, impotencies, menopause and pain of all types. Find out how to put together your own daily routine to maximize your health and well-being. **Joseph Brady M.S.T.C.M., L.A.c., Dipl. O.M.** in Traditional Chinese Medicine, teaches at Metropolitan State College and has lectured for the Oxford Roundtable at Oxford University in England. Optional materials fee is for a Chinese Medicine First Aid Kit.

\$81 Non-Member \$69 Member
\$5 materials fee payable in class
\$25 optional materials fee payable in class
CENTRAL DENVER: Colfax & York
2527BC: Three Tue., 6:30-8:30 PM Begins 9/4
2527BD: Three Tue., 6:30-8:30 PM Begins 10/2
2527BE: Three Tue., 6:30-8:30 PM Begins 11/6
2527BF: Three Tue., 6:30-8:30 PM Begins 12/4
2527BG: Three Tue., 6:30-8:30 PM Begins 1/8

Yoga & Meditation Day Retreat An All-Levels Sunday Workshop at Shoshoni

Immerse yourself in spiritual energy during a daylong retreat at **Shoshoni Yoga Retreat Center** in the mountains above Boulder. Begin with a relaxing hatha yoga class followed by a gourmet vegetarian lunch. The afternoon will include an introduction to meditation, followed by refreshments and discussion in the main lodge. No previous experience is necessary to benefit fully from this workshop. Ample time for questions and answers make the retreat a truly individual experience. The tuition includes lunch and class.

\$46 Non-Member \$34 Member
ROLLINSVILLE: Highway 119
2480GN: One Sun., 9:45 AM-2 PM 9/9
2480GO: One Sun., 9:45 AM-2 PM 10/7
2480GP: One Sun., 9:45 AM-2 PM 11/4
2480GQ: One Sun., 9:45 AM-2 PM 12/2
2480GR: One Sun., 9:45 AM-2 PM 1/6



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Health & Fitness

Self Defense for Real People

Finally, real self defense for real people! Don't wait until you wish you had known these techniques. Learn to defend yourself using the same system taught to the U.S. Navy SEALs, but simplified for the average person. Learn to defend against unarmed attackers, rapists, knives, ground attacks, guns and more. Discover the quickest ways to incapacitate your attacker and escape with your life, this is no-nonsense material for people who don't want to spend decades learning martial arts.

Brian Copeland is certified by martial arts legend Paul Vunak to teach his Navy SEAL self-defense system. Part lecture, part demonstration, and mostly hands-on, we won't pad up and hit each other. The focus is on identifying targets and teaching you to respond instinctively. Dress in loose exercise clothing.

\$90 Non-Member \$78 Member

AURORA: I-225 & Iliff

2416DB9: Four Mon., 6:30-7:30 PM Begins 9/10

2416DC9: Four Mon., 6:30-7:30 PM Begins 10/17

2416DD: Four Mon., 6:30-7:30 PM Begins 11/19

2416DE: Four Mon., 6:30-7:30 PM Begins 1/7

Kettlebell Fitness for Beginners

Kettlebell lifting is a fun, efficient, and quick way to develop core and functional strength through your entire body. It also has been named as the second highest calorie burning exercise around at 20.2 calories per minute on average! Become more flexible as you eliminate aches, pains, and stiffness from your joints. Discover the single best cardiovascular exercise for weight loss and a strong healthy heart. Improve your athletic ability, whether you consider yourself an athlete or not. Discover why men and women of all ages, elite athletes, and pro sports teams are turning to kettlebells as their primary exercise tool. See how easy it is to squeeze an effective 5-10 minute exercise session into a busy day. Learn from a certified Russian kettlebell instructor, **Brian Copeland**. Brian has been training and teaching kettle bells since long before they became popular on TV shows such as *The Biggest Loser*. Dress in loose exercise clothing and train barefoot or in socks. This is a beginner-level course appropriate for both men, women and late teens.

\$116 Non-Member \$104 Member

AURORA: I-225 & Iliff

2633AG9: Four Mon., 7:35-8:35 PM Begins 9/10

2633AH9: Four Mon., 7:35-8:35 PM Begins 10/17

2633AI: Four Mon., 7:35-8:35 PM Begins 11/19

2633AJ: Four Mon., 7:35-8:35 PM Begins 1/7



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Introduction to the Feldenkrais Method

Build your physical intelligence, improve your body mechanics, and increase your self-awareness with the Feldenkrais Method. You can reduce or eliminate chronic pain, increase healthy body alignment, improve coordination and flexibility, and nurture graceful aging. Moshe Feldenkrais was a physicist, engineer and skilled Judo practitioner who developed these techniques to aid in his own rehabilitation from a knee injury. In the "general" class, experience engaging movement and breathing sequences and gain an overall impression of the method. In the "core" class, focus more on developing and refining a mobile, powerful center. Either class is suitable for beginners and both help participants find deep relaxation, increased self-awareness, and the experience of efficient and fluid movement. **Jennifer Merrall** works with dancers, athletes, people suffering from chronic pain or movement difficulties and those who enjoy moving with awareness and fluidity!

\$61 Non-Member \$49 Member

S.W. DENVER: Evans & Santa Fe

2419F: One Sat., 1:45-4:15 PM 10/6 (core)

2419G: One Sat., 1:45-4:15 PM 11/10 (general)

2419H: One Sat., 1:45-4:15 PM 1/12 (core)

Introduction to the Alexander Technique

Improve posture, body awareness, and learn to use your whole self more efficiently. Restore balance by letting go of tension and the habitual stresses that occur in your daily activities. We will start with an overview of the Alexander Technique and then move to activities to show you how to identify tension habits so that you change those patterns. Rather than have a therapist work on your body, this technique teaches you to use your own awareness, thought, and directed energy to change how your body aligns and functions. Discover how to simplify your state of being, find ease in the face of stress, and use active resting to calm your body. **Maedée Duprès** is a dancer and skilled teacher with over 30 years of experience. With her gentle and supportive style, she will offer some hands-on guidance to each individual during the workshop. The Fundamentals class is the beginners' session, while Follow-up coaches you in the applications of the Technique.

\$37 Non-Member \$25 Member

\$28 optional materials fee payable in class

S.W. DENVER: Evans & Santa Fe

2526AH: One Sat., 2-3:30 PM 11/10

2526AI: One Sat., 2-3:30 PM 12/1

2526AJ: One Sat., 2-3:30 PM 1/5

Beginning T'ai Chi Ch'uan

T'ai Chi Ch'uan, usually translated as "supreme ultimate boxing," is also known as "the art of longevity" for its ability to sustain youthfulness as well as being practiced long into our elder years. An extension of Taoist spiritual philosophy, its gentle, slow motion movements function as a "meditation in motion," providing a holistic, psychophysical exercise system enhancing every dimension of ourselves from body to mind to spirit. **Eric Hornak** combines 28 years of T'ai Chi practice (including more than 15 years as an instructor with CFU).

\$62 Non-Member \$50 Member

LAKEWOOD: Kipling & Colfax

2430GL: Four Sun., 10 AM-12 PM Begins 9/9

2430GM: Four Sun., 10 AM-12 PM Begins 10/7

2430GN: Four Sun., 10 AM-12 PM Begins 11/4;
Skips 11/25

2430GO: Four Sun., 10 AM-12 PM Begins 1/6

Ninja Fighting Arts

Secrets of the Shadow Warriors

Learn the secrets of the Ninja in this adventurous class that reveals the rich history of the Shadow Warriors of feudal Japan. You will be introduced to the unique philosophy and application of *taijutsu* (unarmed self-protection), the exotic techniques of the *shinobigatana* (straight sword), the art of the shuriken (throwing star), and many more skills that will expose you to the ultimate art of surviving dangerous encounters that are as effective today as they were centuries ago. This class is perfect for men and women 16 years old and up. All materials will be provided. Primary instructor **Sara Salazar** has nearly 10 years experience at Warrior Quest.

\$72 Non-Member \$60 Member

WEST DENVER: Hampden & Sheridan

2286G: Four Thu., 6-7 PM Begins 9/6

2286H: Four Thu., 6-7 PM Begins 10/4

2286I: Four Thu., 6-7 PM Begins 11/1

2286J: Three Thu. & One Mon, 6-7 PM Begins 12/6

2286K: Four Thu., 6-7 PM Begins 1/10

Aikido

Discover the basic techniques of Aikido movement and how to integrate the lessons into your daily life. Chief instructor **Gaku Homma** is an internationally renowned instructor and author of *Aikido For Life* and *The Structure of Aikido*.

\$57 Non-Member \$45 Member

CENTRAL DENVER: Colfax & Osage

2410SL: Six Sat. & Six Sun., 8:30-9:45 AM Begins 9/8

2410SN: Six Mon. & Six Wed., 6:30-7:45 PM Begins 10/15

2410SO: Six Tue. & Six Thu., 6:30-7:45 PM Begins 10/23

2410SP: Six Sat. & Six Sun., 8:30-9:45 AM Begins 11/4

2410SR: Six Mon. & Six Wed., 6:30-7:45 PM Begins 1/7

2410SS: Six Tue. & Six Thu., 6:30-7:45 PM Begins 1/15

2410ST: Six Sat. & Six Sun., 8:30-9:45 AM Begins 1/26

Drake Eastburn

is "very calm and patient w/ students, explained well when there were questions, gave feedback"

— S. S.

The Art of Self-Hypnosis

Thousands of studies have proven the efficacy of hypnosis for weight loss, stopping smoking, sports enhancement, improving public speaking or sales skills, child birth and fertility, and much, much more. Discover the unlimited potential of your own mind and learn the simple yet powerful techniques of self-hypnosis. Learn how to unlock the potential of your innate abilities. Learn what hypnosis is (and isn't) and how it works. Explore the relationship between thought and outcome to better understand your creative role in fulfilling your desires. **Drake Eastburn** is a certified hypnotherapist and teaches at the Eastburn Hypnotherapy Institute.

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2523CC: Two Tue., 7-9:30 PM Begins 08/28

2523CD: Two Tue., 7-9:30 PM Begins 10/23

WESTMINSTER: 79th & Sheridan

2523CE: Two Wed., 7-9:30 PM Begins 12/5

Introduction to Certified Hypnotherapist Training

Have you ever considered becoming a hypnotherapist? As a hypnotherapist, you can launch your own private practice, earn extra income, advance your current career or simply expand your horizons. Take this introductory course, designed especially for CFU by Eastburn Institute of Hypnosis, and get hands-on practical training in becoming a hypnotherapist. In class, students will be taught how to produce the hypnotic state in others and use it skillfully and effectively for stress reduction, habit change, or to enhance well being. Students take turns practicing hypnotism skills on each other with guided supervision, and will leave with a solid introduction to the basic tools of the professional hypnotherapist. A certificate of completion will be awarded to participants and this 20-hour class can also be applied towards additional certification by Eastburn Institute of Hypnosis. Regularly \$395, the Eastburn Institute for Hypnotherapy is pleased to offer this class to CFU students at a considerably reduced tuition. Instructors **Drake and Lynsi Eastburn** each hold the distinctive National Guild of Hypnotists board certification title, the highest earned credential available for certified hypnotherapists.

\$111 Non-Member \$99 Member

WESTMINSTER: 79th & Sheridan

2524F9: One Sat. & One Sun., 9 AM-7 PM 9/15 & 9/16

Hypnosis for Stress

Reach Your Peak Performance

Stress, and the anxiety it engenders, impedes performance in all areas. There is a powerful deep hypnosis technique that can relieve stress and help you reach peak performance. **Drake Eastburn** is the official hypnotherapist for the US Olympic cycling team, Slipstream. Many of its team members have competed in the Tour De France. He uses the same technique that he designed for these elite athletes to help you take the edge off. Leave class feeling amazingly good and energized.

\$46 Non-Member \$34 Member

WESTMINSTER: 79th & Sheridan

2522T: One Wed., 7-9 PM 9/5

2522U: One Fri., 7-9 PM 12/7

2522V: One Fri., 7-9 PM 1/25

Don't Weight Any Longer!

Hypnotherapy for Weight Loss

Diets don't work! The key to successful weight loss is in the mind. This spectacular class is designed to unlock the power of your subconscious mind so you can successfully achieve your weight loss goals. Developed by official Olympic team hypnotherapist **Drake Eastburn** over the past 30 years, this class features a cutting edge combination of powerful hypnosis techniques, NLP, and TFT/EFT or tapping. Change your mind and change your life — hypnosis works!

\$103 Non-Member \$89 Member

\$10 materials fee payable in class

WESTMINSTER: 79th & Sheridan

2555CC: Three Wed., 7-9 PM Begins 9/19

2555CE: Three Wed., 7-9 PM Begins 1/16

CFU LOWRY: Near 1st & Quebec

2555CD: Three Tue., 7-9 PM Begins 11/13

Reiki

Awaken Your Healing Power and Intuition

Reiki not only eases pain but also clears imbalances in the physical and non-physical bodies, even your pets'. Learn about clearing and balancing chakras, and practice hands on healing with other students. Receive a Reiki certificate at the end of class. **Marnie Vincolisi** is known internationally for her unique teaching abilities which are not only informative but fun. The materials fee is for Marnie's helpful manual, *Finding Your Inner Gift, the Ultimate Reiki First Degree*.

\$112 Non-Member \$100 Member

\$14 materials fee payable in class

CENTENNIAL: I-25 & Orchard

5210EV: Two Sat., 9 AM-1 PM Begins 9/15

5210EW: Two Sat., 9 AM-1 PM Begins 11/10

5210EX: Two Sat., 9 AM-1 PM Begins 1/5

NEW! Explore the Benefits of EFT

Stress can affect our minds and our bodies. EFT, Emotional Freedom Technique, similar to acupuncture, is a non-invasive and simple technique that is useful for many issues that we deal with everyday, both physical and emotional. EFT can help with the many ways that stress manifests in our lives, including overwhelm, procrastination, clutter, loss of focus, fears, and more. **Angela Agranoff**, the Unclutter Angel, discovered how beneficial this process was with organizational issues and began using the technique to assist clients in the organizational process. Angela is a member of the National Association of Professional Organizers and is Certified as a Holistic EFT Practitioner. After this class you will be able to practice EFT on your own.

\$46 Non-Member \$34 Member

\$1 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1949A: One Wed., 6:30-8:30 PM 10/3

1949B: One Sat., 10 AM-12 PM 11/10

1949C: One Thu., 6:30-8:30 PM 12/13

1949D: One Sat., 10 AM-12 PM 1/12



NEW! Your Beautiful Brain A Natural Approach to Brain Optimization

The brain regulates every aspect of the body and cognitive performance including movement, reasoning, memory, breathing, and impulse control. In order to obtain a high quality of life, we must nurture our brains through diet, stress management, and exercise. This course provides participants with a variety of natural and practical approaches to enhance brain function and improve overall health.

Take a series of self-assessments, try a guided meditation exercise for your brain, learn about food effect on the brain, and leave with goals and strategies you can implement right now to begin optimizing your brain. **JoAnn Bayus** has spent over 15 years studying traditional and alternative approaches to improve cognitive abilities and obtain optimal health. She is a Nationally Certified School Psychologist, Certified Holistic Stress Management Instructor, Certified Nutritional Consultant, Board Certified Health Counselor (AADP), and Certified Personal Trainer.

\$46 Non-Member \$34 Member

\$1 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

1957A: One Mon., 6-9 PM 10/8

1957B: One Mon., 6-9 PM 11/12

1957C: One Mon., 6-9 PM 12/10

Mind/Body Wellness

NEW! Aches, Pains, & Strains Hands-On Consultation with a Certified Rolfer™

Pain drains your energy and interferes with enjoyment of life. In a one-on-one consultation with the instructor, you will discuss your particular issues, how they're related to other areas of the body, experience the instructor's hands-on approach, and leave with how-to strategies for management. **Fred Nehring** is a certified Rolfer™, HHP since 2011 and has maintained a private practice since 2004. He studied at Meuller College of Holistic Studies™, the Natural Healing Institute™, and the Rolf Institute for Structural Integration®. Come solo or bring a partner (with a camera or camera phone) who can learn the techniques to assist you at home. This educational experience is appropriate for neck, foot, or low back pain issues. Upon registration you will receive an intake form from that you will need to fill out and return to instructor before class, so you must register at least three days before this class.

\$62 Non-Member \$50 Member

CFU LOWRY: Near 1st & Quebec

1944A: One Sat., 10:11 AM 10/6

1944A3: One Sat., 11:15 AM-12:15 PM 10/6

1944B: One Wed., 6-7 PM 10/17

1944B3: One Wed., 7:15-8:15 PM 10/17

1944C: One Sat., 10:11 AM 11/3

1944C3: One Sat., 11:15 AM-12:15 PM 11/3

1944D: One Wed., 6-7 PM 11/14

1944D3: One Wed., 7:15-8:15 PM 11/14

1944E: One Sat., 10:11 AM 12/1

1944E3: One Sat., 11:15 AM-12:15 PM 12/1

1944F: One Thu., 6-7 PM 12/20

1944F3: One Thu., 7:15-8:15 PM 12/20

1944G: One Sat., 10:11 AM 1/12

1944G3: One Sat., 11:15 AM-12:15 PM 1/12

Reflexology 101

In a relaxed, fun, and interactive setting you will learn about the origins, methodology, benefits and contraindications of reflexology. This is a great chance to see what reflexology can do for you by experiencing how the various kinds of pressure and touch feel on your hands. Whether you are experiencing pain or just want to feel more relaxed and refreshed, find out how the techniques can be a huge source of relief. Each participant will receive a hands-on self-help technique to take home. **Ginny Brookhouser** is a certified foot reflexologist through the International Institute and maintains an active practice in central Denver.

\$31 Non-Member \$19 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2541K: One Wed., 6:30-8 PM 9/19

2541L: One Wed., 6:30-8 PM 10/17

2541M: One Wed., 6:30-8 PM 12/5

Couples Massage

Enhance your relationship and improve your health by giving and receiving the healing powers of therapeutic touch. After a brief overview of the physiology and anatomy of the body, mapping of the muscle attachments and cautions, we'll explore neuromuscular, Swedish strokes, motion and palpation styles of massage which include techniques named "Hollywood," "clay snakes," "princess wave," and "Tai Chi push." **Elizabeth Leaneagh** is a licensed and certified in massage therapist and has practiced in the Denver area since 1997. Students are provided with a guide to giving a great massage and list of techniques. Bring a pillow, blanket, towel, yoga mat or equivalent and water to drink to class. Three hours of the four-hour class will take place on the floor, hands on!

\$92/couples Non-Member \$79/couples Member

CFU LOWRY: Near 1st & Quebec

2534CX: One Sat., 1-5 PM 9/15

2534CY: One Sun., 1-5 PM 11/18

2534DA: One Sun., 1-5 PM 1/27

Back, Neck, & Shoulder Massage

There's nothing better than a great back rub. Break into pairs, learn techniques, good communication, and practice giving and receiving. This class includes a map to the back, neck, and shoulders, plus a guide to special techniques for this area and tool suggestions. We'll be using chairs and sitting on the floor. Please bring a towel, pillow, and some water to drink. **Elizabeth Leaneagh**.

\$51 Non-Member \$39 Member

\$2 materials fee payable in class

CFU LOWRY: Near 1st & Quebec

2477AO: One Wed., 6-8:30 PM 08/29

2477AP: One Sun., 2-4:30 PM 9/23

Beginning Meditation for Everyone

There are as many styles of meditation as there are philosophies and teachers. Learn the basics in a comfortable, relaxed environment. Learn about posture and breathing, various meditation techniques and their benefits, and how to develop a practice you can continue once the course is finished. The instructors at **Mayu Meditation Sanctuary** come from a variety of meditation backgrounds and are adept at making ancient teachings fun and relevant to modern life.

\$72 Non-Member \$60 Member

\$5 materials fee payable in class

SOUTH DENVER: Evans & S. Pearl

5309J: Four Wed., 7:30-9 PM Begins 9/5

5309K: Four Wed., 7:30-9 PM Begins 10/3

Yoga of the Mind

A Centering and Grounding Meditation Practice

Discover an active mediation technique that can help you change how you interact with others. If you often worry about other's concerns long after interacting with them, or feel exhausted by all the people you encounter everyday, this form of meditation can be very helpful in restoring clear boundaries in your relationships and bring relief. Practice grounding, centering, and clearing exercises to optimize your own energy. Take home tools you can use and practice easily everyday. Good for those with busy minds, this mediation gives you things to work on rather than trying to achieve "emptiness." **David Stevens** has an MBA in Strategic Management and Accounting. In addition to his business consulting, he has taught energy tools and personal development for over a decade. He is founder of Yoga of the Mind, a school for teaching personal energy tools, healing, and intuitive development. This class is wonderful for, but not limited to, those who work extensively with people: massage therapists, psychologists, hair stylists, realtors, health care providers, and sales professionals.

\$51 Non-Member \$39 Member

\$10 optional materials fee payable in class

SOUTH DENVER: 1st Ave & Broadway

2482AI: Two Thu., 6:30-8:30 PM Begins 9/20

2482AJ: Two Sun., 2-4 PM Begins 10/21

2482AK: Two Sat., 2-4 PM Begins 12/1

2482AL: Two Thu., 6:30-8:30 PM Begins 1/3

Meditation Made Easy

Most people find it difficult to meditate. Gain the tools you need to quiet your mind so that you can apply meditation practices to release stress from your daily life. The process taught in class keeps your mind still while you go through the stages of relaxation. Meditation can lower blood pressure, ease pain, and increase your intuitive awareness. Learn about energy clearing techniques, violet light meditation and much more. Find out why this method works and how simple it can be. **Marnie Vincolisi** is an internationally known meditation instructor and Reiki master, an author or three personal empowerment books, and has created her own meditation CD.

SOUTH DENVER: Evans & S. Pearl

\$56 Non-Member \$44 Member

\$3 materials fee payable in class

CENTENNIAL: I-25 & Orchard

5357BI: Two Wed., 6-8:30 PM Begins 10/3

5357BJ: Two Tue., 6-8:30 PM Begins 1/8



1

Registration is as EASY as 1-2-3

Decide If You Want to Become a Member

\$25 Individual Membership: Receive member tuition for classes and special events for 12 months. Bring a friend two times during the year at your member price. Receive emails about discounts (unsubscribe if prefer). Option to join Space Age Federal Credit Union, 303-369-7666. Ask a student services representative or visit our website.

\$50 Group Membership: Same as the individual membership for up to four people.*

\$75 Company Membership: No limit to the number of employees. (Companies interested in corporate billing, call 303-399-0093*

*Group and Company Memberships cannot be purchased online, only by phone or in person.

An Important Note on Materials Fees:

Generally, materials fees are paid to the instructor in the first class, unless marked "payable at registration" or "student buys." Spanish class materials fees are collected at the time of registration.

2

Know Our Policies (Especially Drops & Transfers)

Unable to Attend? For Members and Non-Members Alike: If you cannot attend a class, you must contact the registration office at **least 72 hours prior** to your first class meeting. With 72 hours notice we can:

Transfer you to another available class. There will be a \$7 transaction fee for dropping the original class.

OR

Create a class credit voucher that you can use toward a future class. The voucher is good for one year from the date of issue and cannot be redeemed for cash or refunded. A \$7 transaction fee will be charged for dropping the class, reducing your total credit voucher by \$7.

With less than 72 hours notice a credit voucher for half of the class's tuition will be issued to your CFU account. (Ask about specific policies for CompuSkills and Spanish.)

Inclement Weather? CFU rarely cancels class for weather. Only if the city shuts down do we shut down. If the buses are running, we're most likely open. Call 303-399-0093 for a "go/no-go" update. If cancelled, classes will be rescheduled or vouchers for other classes will be issued.

Nondiscrimination Policy & Classroom Accessibility:

CFU welcomes students 17 and over of any race, religion, national origin, sexual orientation, or ethnic origin to all CFU classes.

Please call 303-399-0093 to make arrangements for classroom accessibility.

Also, please speak to a student services representative about any special needs you might have.

Instructors come from the community and are experts in their fields; however, they are not required to have teaching credentials. CFU strives for quality, but cannot be held liable for the content taught by instructors who function as independent contractors.

3

Register Now!

Online...

Visit our website: freeu.com

Phone it in...

303-399-0093 ext. 0
Have your course number and credit card information ready.

Fax it in...

303-399-0477
Please use the form below.

Walk it in...

7653 E. 1st Place
Denver, CO 80230
Mon. – Thurs.: 8:30am – 7:00pm
Friday: 8:30am – 5:00pm
Saturday: 8:30am – 1:00pm.

Mail it in...

Colorado Free University
7653 East 1st Place
Denver, CO 80230

Use the form below with payment.

You will be notified if CFU cancels a class. **If you cannot receive phone messages, always call 24 hours in advance to make sure your class is running.**

Refunds are an option ONLY if CFU cancels a class and are issued in the manner paid. Tuition and fees are subject to change. A service fee of \$25 is charged for each returned check.

Don't forget to bring your confirmation email/ticket with you to class!

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Day Phone: _____

Email: _____

Payment by: Check # _____

Visa Mastercard Discover

Card # _____ Expiration Date: _____ CVV Code: _____

Signature: _____

Course Title	Course #:	Tuition:
Circle Optional Membership Fee: \$25 Annual Individual Membership OR \$50 Family OR \$75 Company		Optional Membership Fee: (Circle one) \$25/\$50/\$75
Most material fees are paid to the instructor in class. For Spanish classes, please include an additional \$10 or \$20 for fees.		Spanish Classes Fee: (Circle one) \$10 or \$20
Payment Total		

8 9 10 11

Special Events

Great American Smoke-Out

The week of November 14th is the national Great American Smoke-Out. CFU is pleased to once again arrange this special opportunity for you to quit smoking once and for all with the help of hypnosis.

Lynsi and Drake Eastburn, board certified hypnotherapists, have offered this powerful program as a community service for the past 13 years in Chicago and Denver with great success. The first part of the meeting introduces you to hypnosis and can answer most frequently asked questions. After a break, you will have the opportunity to become a non-smoker by experiencing first-hand this cutting-edge, time-tested group hypnotic process. No herbs or supplements are needed or sold. Drake and Lynsi Eastburn maintain a thriving private hypnotherapy practice in the Denver area and teach hypnotherapy certification training through the Eastburn Institute of Hypnotherapy. Drake has been perfecting the art of hypnosis for smoking cessation for more than 30 years. Come and start enjoying the health and lifestyle benefits of quitting smoking once and for all.

\$27 Non-Member \$15 Member

\$20 materials fee payable in class

CFU LOWRY: Near 1st & Quebec
8965J: One Wed., 7-9 PM 11/14

January 4

World Hypnotism Day

Make this year everything you want it to be! If you've ever wondered what hypnosis is about—how you feel, how it works—this is your chance to find out! January 4 is the day professionals in the field of hypnotism from various organizations around the world share expertise and promote the truths and benefits of hypnotism. Take this opportunity presented by CFU and Eastburn Hypnotherapy Center to sample the benefits of hypnosis at this powerful seminar. If you're tired of breaking New Year's resolutions, want to actually lose weight, stop smoking, or make money; this event can put you on the path to success. Find out what you need to know and how to do what you need to do in a fun, friendly, fast-paced evening.

Lynsi and Drake Eastburn are award winning hypnotherapists, instructors, authors, and motivational speakers who have helped thousands create the lives they have always wanted. The materials fee will be waived for this special event!

\$31 Non-Member \$19 Member

CFU LOWRY: Near 1st & Quebec
8966G: One Fri., 7-9 PM 1/4

Colorado Free University

7653 E. 1st Place
Denver, CO 80230
303-399-0093

OR CURRENT OCCUPANT

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DATED MATERIAL

The Art of Wine and Cheese Pairing

Cheese and wine are a heavenly combination—discover the wonders of their pairing. Cheese connoisseur Devin Lamma of Whole Foods Cherry Creek and sommelier/wine consultant Ashley Hausman will open your eyes and tongues to a fascinating world of wine and cheese.
Page 33

Tie the Perfect Bow

Show off! Learn to tie gorgeous, fancy bows! Deb Condo of Gift Basket Junction.
Page 44

The Art and Magic of Paper Crafts

Discover exciting ways to use paper—cast paper ornaments, framed art, earrings, greeting cards & more! Page 43

Gorgeous Gift Baskets

A gift everyone will love! Learn to make them special. Create your own gift basket from start to finish. Deb Condo's baskets have won awards & appeared in many magazines.
Page 44

Making Holiday Wreaths & Centerpieces

Bring cheer home this season with a magnificent wreath and matching centerpiece hand crafted by YOU! Sherry Chance encourages you to attend all three classes and have a wardrobe of wreaths to take you through the seasons.
Page 44

Great Holiday Classes!

