

# Colorado Free University

Learning for Life



January to  
May 2013  
**freeu.com**



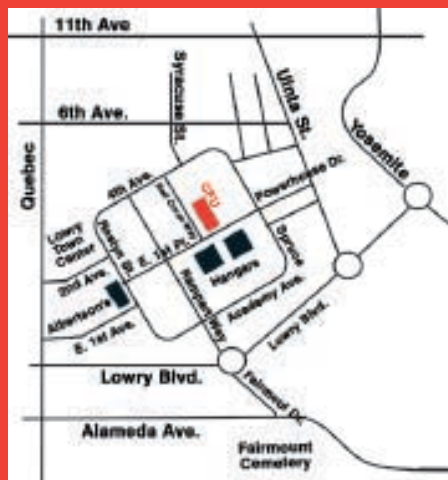
We have  
**AMAZING**  
teachers!



## 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...

Clockwise from top left:

- Kettlebell and self defense teacher, Brian Copeland. Photo by Timeless Grace Photography. Classes page 37.
- Digital marketing teacher, Jennifer Hilburn. Classes page 20.
- Travel, travel writing, & photography teacher, Ron Stern. Classes pp. 13, 44, 53.
- Leadership and professional development teacher, Dr. Tasha Eurich. Class page 28.

## It's Our Teachers That Make the Difference

One privilege I have as president of Colorado Free University is to interview prospective teachers. Laura Hydeman, CFU's Course Manager, and I vet the proposals for new classes and meet with the teachers to get their courses organized. As independent contractors, CFU's teachers create their own courses. Our role is to select teachers who have the expertise to offer solid classes and the communication skills to connect with students.

I am always uplifted by the passion and vision that these teachers bring to their efforts. I'll be honest, no one gets rich teaching here at CFU. Our teachers are motivated by a desire to share the knowledge they have acquired in their efforts to build a business or enrich their lives, to connect with others, and to give back to the community.

CFU celebrates its wonderful teachers!

Helen Hand, Ph.D.  
CFU President



**Become our fan on Facebook**



*Regional Premiere*

**January 11 to February 9, 2013**

## Boy Gets Girl

**By Rebecca Gilman    Directed by Clint Heynt**

Theresa is a successful, career driven woman who doesn't have much time for dates. A friend sets her up with Tony, a seemingly harmless young man. After two unsuccessful dates, Theresa decides to move on. Despite all her efforts to let him down gently, Tony continues his pursuit of Theresa and forces her and her friends to examine their own lives and the actions of the opposite sex in this taut, chilling drama.

**firehousetheatercompany.com/303-562-3232**

## Plan Your Special Event at the Eisenhower Chapel or Colorado Free University



**freeu.com/meeting-spaces**

Weddings, receptions, meeting, conferences — we've got a space for your important occasion. Short or long-term rentals and a variety of spaces are available. Call CFU at 303-399-0093 x2303 for rates and availability.



**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

# CFU Certification Programs

## Business/Entrepreneur Digital Marketing

Small business owners and marketing directors must understand what's available in the digital and social media world for marketing a business. Whether you plan to implement the strategies yourself or employ a Social Media Manager to run your campaigns, CFU has created a curriculum to give you the foundation in digital marketing options. Learn what is involved in marketing campaigns, the platforms that are available, what might work best for your business, and how you can get the most from social media. To learn about this Digital Marketing Track and the requirements to earn the **Certificate of Completion in Online Marketing** look in the Social Media category of the CFU website.

## Certificate in Nonprofit Leadership and Administration

This certificate establishes a foundation for those wanting to work in the nonprofit sector. You will learn about starting a nonprofit, strategic planning, finances, grant writing, and resources. To earn the certificate, students must complete nine classes, six core classes and three electives. Find more details about this certificate and the classes that are included in the Nonprofit section of the CFU Website.

CFU is not an accredited university. These certificates are not equivalent to a college degree, but do establish a foundation of knowledge.

## Feeling Frosty?

Stop in and warm up at the Lowry Beer Garden!

*Student Discount!*  
 Present this coupon to  
 receive **20% off**  
 your tab!

Join us weekly for:

### Happy Hour:

Monday - Friday 3-6p and from 10p - 12a  
 \$3 drafts, wells and wines

### Weekend Happy Hour:

Saturday and Sunday 11a - 2p  
 \$3 mimosas and bloody's

### Trivia Tuesdays:

Geeks who Drink host pub trivia every  
 Tuesday from 8-10pm

### Meet the Brewer:

Every Wednesday the Beer Garden  
 welcomes a local brewmaster for  
 tastings and a Q&A session

### Firkin Fridays:

Fridays we will tap a specialty firkin from  
 one of our famous Colorado breweries.  
 The fun starts at 5p and runs until  
 we're out!

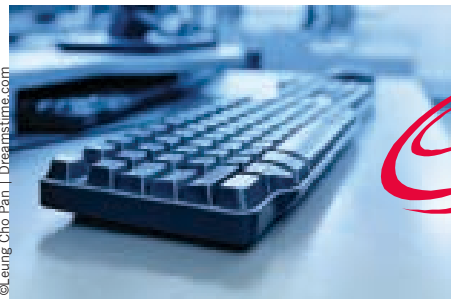
Keep up-to-date on all of our  
 upcoming events by visiting our  
 website or Facebook page!



Visit us at 7577 E. Academy Boulevard in Lowry  
 (303) 366.0144

[www.lowrybeergarden.com](http://www.lowrybeergarden.com)

One block south of CFU, between the two hangars — an easy walk from CFU.



Offering Quality, Affordable Computer Training Since 1989

3 Small, comfortable classes 3 Experienced, friendly instructors  
3 Option for free class retakes 3 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

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

3402KQ: One Wed., 9 AM-4 PM 2/6

3402KR: One Wed. & One Thu., 6-9PM Begins 3/13

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

### 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

3403HW9: One Sat., 9 AM-4 PM 1/19

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

3403HY: One Tue. & One Wed., 6-9PM Begins 2/19

3403IA: One Sat., 9 AM-4 PM 3/23

3403IB: One Tue., 9 AM-4 PM 4/30

### 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.

**Prerequisite:** Understanding of basics of Windows and website navigation

\$74 Non-Member \$59 Member

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

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

3411AM: One Sat., 9 AM-noon 2/23

3411AN: One Wed., 6-9PM 3/20

3411AO: One Sat., 9 AM-noon 4/27

### 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.

**Prerequisite:** Blogging Basics or equivalent knowledge

\$74 Non-Member \$59 Member

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

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

3412H: One Sat., 1-4 PM 2/23

3412I: One Thu., 6-9PM 3/21

3412J: One Sat., 1-4 PM 4/27

### 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 basics of Windows

\$134 Non-Member \$119 Member

Includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

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

3404AY: One Wed. & One Thu., 6-9PM Begins 3/6

3404BA: One Sat., 9 AM-4 PM 4/20

### Meet Our Fantastic CompuSkills Instructors!

- **Jason Ackerman:** All WordPress all the time...
- **Brenda Bennett:** Adobe Graphic Design
- **John Fellers:** Web Design
- **Alicia Green:** QuickBooks expert
- **Judy Halley:** MS Office
- **Mike Holtby:** Photoshop for Photographers
- **Mitzi Katz:** MS Project Expert, MS Office
- **Gwen Langrehr Eden:** Blogging Whiz
- **Linda Moore:** Digital Publishing, Adobe Graphic Design
- **Susan Price:** MS Office guru, Beginning PCs
- **M. L. "Sco" Scofield:** MS Access master and beyond
- **Donald Seigler:** HTML, JavaScript
- **Lou Smith:** MS Office Weekend warrior, Beginning PCs

**Windows 8 coming soon!**  
Visit [compuskills.com](http://compuskills.com) for updates.

## 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

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

3468LL: One Thu., 9 AM-4 PM 2/14

3468LM: One Mon., 9 AM-4 PM 3/18

3468LN: One Wed., 9 AM-4 PM 4/24

### 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

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

3416CB: One Mon., 9 AM-4 PM 4/1

## 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**

3489QB: One Mon., 9 AM-4 PM 2/4 (2007)

3489QD: One Thu., 9 AM-4 PM 4/4 (2007)

**MS Outlook 2010**

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

3489QC: One Wed., 9 AM-4 PM 3/6 (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**

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

3442ST: One Mon., 9 AM-4 PM 2/11 (2007)

3442SV: One Tue., 9AM-4PM 3/12 (2007)

3442SY: One Tue., 9AM-4PM 4/16 (2007)

**MS Word 2010**

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

3442SU: One Fri., 9 AM-4 PM 2/22 (2010)

3442SW: One Thu., 9 AM-4 PM 3/21 (2010)

3442SX: One Wed., 9 AM-4 PM 4/17 (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**

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

3443LH: One Mon., 9 AM-4PM 2/25 (2007)

3443LJ: One Tue., 9 AM-4 PM 3/26 (2007)

**MS Word 2010**

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

3443LI: One Tue., 9 AM-4 PM 2/26 (2010)

3443LK: One Wed., 9 AM-4 PM 4/3 (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**

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

3444FI: One Wed., 9 AM-4 PM 3/27 (2007)

**MS Word 2010**

3444FJ: One Wed., 9 AM-4 PM 4/10 (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

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

Begins 1/5 (2010)

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

Begins 2/23 (2007)

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

Begins 3/2 (2010)

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

Begins 4/27 (2007)

## 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**

3495JT: One Tue., 9 AM-4 PM 2/5 (2007)

3495JV: One Mon., 9 AM-4 PM 4/1 (2007)

**MS PowerPoint 2010**

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

3495JU: One Wed., 9 AM-4 PM 2/27 (2010)

3495JW: One Mon., 9 AM-4 PM 4/8 (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**

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

3496EF: One Mon., 9 AM-4 PM 4/22 (2007)

**MS PowerPoint 2010**

3496ED: One Wed., 9 AM-4 PM 3/13 (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

3480YB: One Thu., 9 AM-4 PM 1/10 (2007)

3480YC: One Tue. & One Wed., 6:30-9:30 PM  
Begins 1/22 (2007)

3480YD: One Sat., 9 AM-4 PM 2/2 (2007)

3480YG: One Fri., 9 AM-4 PM 2/8 (2007)

3480YI: One Mon., 9 AM-4 PM 3/11 (2007)

3480YL: One Thu., 9 AM-4 PM 4/11 (2007)

#### MS Excel 2010

3480YA: One Wed., 9 AM-4 PM 1/9 (2010)

3480YE: One Tue. & One Wed., 6-9PM  
Begins 2/5 (2010)

3480YF: One Thu., 9 AM-4 PM 2/7 (2010)

3480YH: One Fri., 9 AM-4 PM 3/8 (2010)

3480YJ: One Sat., 9 AM-4 PM 3/30 (2010)

3480YK: One Tue., 9 AM-4 PM 4/9 (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

3481OU: One Mon., 9 AM-4 PM 1/21 (2007)

3481OW: One Fri., 9 AM-4 PM 3/15 (2007)

3481OY: One Mon., 9 AM-4 PM 4/15 (2007)

#### MS Excel 2010

3481OT: One Thu., 9 AM-4 PM 1/17 (2010)

3481OV: One Tue., 9 AM-4 PM 2/19 (2010)

3481OX: One Wed., 9 AM-4 PM 3/20 (2010)

3481PA: One Thu., 9 AM-4 PM 4/18 (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

3482GD: One Thu., 9 AM-4 PM 1/31 (2007)

3482GG: One Mon., 9AM-4PM 4/29 (2007)

#### MS Excel 2010

3482GC: One Wed., 9 AM-4 PM 1/30 (2010)

3482GE: One Tue., 9 AM-4 PM 4/23 (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, 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

3462RR: One Tue., 9 AM-4 PM 1/8 (2007)

3462RT: One Wed., 9 AM-4 PM 2/20 (2007)

3462RW: One Tue., 9 AM-4 PM 4/2 (2007)

#### MS Access 2010

3462RS: One Tue., 9 AM-4 PM 1/22 (2010)

3462RT: One Thu., 9 AM-4 PM 2/21 (2010)

3462RV: One Tue., 9 AM-4 PM 3/19 (2010)

3462RX: One Fri., 9 AM-4 PM 4/19 (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

3463OI: One Mon., 9 AM-4 PM 1/14 (2007)

3463OK: One Thu., 9 AM-4 PM 3/7 (2007)

3463OM: One Fri., 9 AM-4 PM 4/26 (2007)

#### MS Access 2010

3463OJ: One Fri., 9 AM-4 PM 1/25 (2010)

3463OL: One Fri., 9 AM-4 PM 3/22 (2010)

3463ON: One Mon., 9 AM-4 PM 4/29 (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

3464IO: One Tue., 9AM-4PM 4/23 (2007)

#### MS Access 2010

3464IM: One Mon., 9 AM-4 PM 1/28 (2010)

3464IN: One Tue., 9 AM-4 PM 3/26 (2010)

**More advanced Access and VBA classes are available.  
Call registration for details.**

## NEW! Microsoft® Office Access Query Techniques

Access Query Techniques is a hands-on class, in which students will learn how analyze data by creating a wide variety of basic and advanced queries. Course objectives include: Making basic queries with a variety of criteria; writing a variety of expressions for performing calculations on numeric, date, and text data; round numeric data; use the If function for basic decisions in a query without having to write VBA code; make queries that ask the user for criteria; tie a query to a form; use crosstab queries; write queries using basic Access SQL; use Access SQL to make UNION and subqueries. **This course is appropriate for 2003, 2007 or 2010 versions of MS Access.**

**Prerequisite:** Microsoft Access Level 2 or equivalent knowledge

\$619 Non-Member \$599 Member

Includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3465A: One Wed. One Thu. & One Fri., 9AM-4PM  
Begins 3/27

## 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

3487EI: One Mon. & One Tue., 9 AM-4 PM  
Begins 2/18 (2007)

#### MS Project 2010

3487EH9: One Mon. & One Tue., 9 AM-4 PM  
Begins 2/4 (2010)

3487EJ: One Thu. & One Fri, 9 AM-4 PM  
Begins 4/4 (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

3432BG: One Sat. & One Sun., 9 AM-4 PM Begins 2/16

3432BH: One Sat. & One Sun., 9 AM-4 PM Begins 4/6

## 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

\$319 Non-Member      \$299 Member

Tuition includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3477BG9: Two Fri., 9 AM-4 PM Begins 1/4

3477BH: Two Fri., 9 AM-4 PM Begins 2/22

3477BI: One Sat. & One Sun., 9 AM-4 PM Begins 4/20

## 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

3478S: Two Fri., 9 AM-4 PM Begins 3/22

## Adobe Dreamweaver CS6

In this course, you will use Adobe Dreamweaver to create web pages while focusing on the content, styling, and design. As you construct the web pages, Dreamweaver will competently create the XHTML, CSS and JavaScript required. Examine the basic concepts of web design, explore the Dreamweaver interface, define and build a website, format a web page, work with reusable site assets and links, gain a basic understanding of cascading style sheets, insert images, tables and import content.

**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

3434DM: One Sat. & One Sun., 9AM-4PM Begins 3/2

## 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

3475BD: One Fri., 9 AM-4 PM 1/18

3475BE: One Fri., 9 AM-4 PM 2/15

3475BG: One Mon., 9 AM-4 PM 3/11

3475BH: One Fri., 9 AM-4 PM 4/12

## 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

3476AE: One Fri., 9 AM-4 PM 1/25

3476AF: One Fri., 9 AM-4 PM 3/15

3476AG: One Mon., 9 AM-4 PM 4/15

## 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:** 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

3479FI: One Mon., 9 AM-4 PM 1/28

3479FJ: One Mon., 9 AM-4 PM 4/22

## 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**

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

3499DN: One Fri., 9 AM-4 PM 4/5 (2007)

**MS Publisher 2010**

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

3499DM: One Tue., 9 AM-4 PM 3/5 (2010)

## Adobe Photoshop Elements 6.0

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 or just enhance them for your own enjoyment.

### Previous knowledge or experience:

Understanding of basics of Windows

\$154 Non-Member      \$139 Member

Includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

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

3447CQ: One Mon., 9 AM-4 PM 2/25

3447CR: One Tue., 9 AM-4 PM 4/16

## NEW! Photoshop CS6 for Photographers

This one-day class will cover efficient post-processing of jpg and raw files to maximize the look of your photographs. We will create Actions to streamline your work, and use Masks & Layers to make your photos truly original creations. We will also work with combining photos for collages and scrapbook compositions; as well as creating better backgrounds or changing the expressions of subjects. Use Scripts to batch process your collection to resize them for email and Internet use. **Bring some of your own photo files on a flash drive.**

### Previous knowledge or experience:

Understanding of basics of Windows

\$184 Non-Member      \$169 Member

Tuition includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3448DK: One Mon., 9 AM-4PM 3/4

3448DL: One Fri., 9 AM-4 PM 4/12

## Adobe Photoshop CS6

This Photoshop class will provide training that will help you master the skills and techniques you need in order to use Photoshop effectively in print, web, and elearning projects. This course will cover: Workspace and Palettes; Photo Retouching and Editing; Working with Selections; Working with Layers; Working with Masks and Channels; Typographic Design; Stitching together Panoramic images.

### Previous knowledge or experience:

Understanding of basics of Windows

\$439 Non-Member      \$419 Member

Tuition includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3449HA: One Tue. & One Wed., 9 AM-4 PM Begins 2/12

3449HB: One Sat. & One Sun., 9 AM-4 PM Begins 3/9

3449HC: One Wed. & One Thu., 9 AM-4 PM Begins 4/24

## Adobe Illustrator CS6

You will learn to create artwork using the most powerful tools for vector design in the graphic design industry. You'll be able to create logos, professional type effects, maps, banners, and impressive designs that showcase your artistic side. This course will cover: lines and shapes; fill and stroke; selection tools; the pen tool; using the live trace tool; specialty type; gradients; shapebuilder tool; artboards

### Previous knowledge or experience:

Understanding of basics of Windows

\$439 Non-Member      \$419 Member

Tuition includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3450FD: One Tue. & One Wed., 9 AM-4 PM Begins 2/26

3450FE: Four Mon., 6-9PM Begins 4/8

## Adobe InDesign CS6

InDesign produces the most professional looking publications in the world. Use InDesign to create print and electronic collateral such as magazines, flyers, newsletters, catalogs, books, PDF's, web banners/ads, e-books, and electronic publications for Apple iPad®, Nook® and Kindle® tablets. Course will cover: creating and formatting text; adding graphics; working with color; working with master pages; formatting with styles; PDF exporting; and packaging for printers.

### Previous knowledge or experience:

Understanding of basics of Windows

\$439 Non-Member      \$419 Member

Tuition includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3451CF: One Thu. & One Fri., 9 AM-4 PM Begins 2/14

3451CG: Four Thu., 6-9PM Begins 3/7

3451CH: One Wed. & One Thur., 9 AM-4 PM Begins 4/17

## Adobe Graphic Design Weekend Intensive

### Using CS6

A multi-program design experience, our Creative Suite Weekend Intensive takes you step-by-step through the process of creating a brochure. Combine the creativity of **InDesign CS6** for layout, the incomparable **Photoshop CS6** image editing for images, and the impressive **Illustrator CS6** for logos and line art. Learn how to import and format type, manipulate and retouch images, and create an original logo design in just two 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

3456AY: One Sat. & One Sun., 9 AM-4 PM Begins 2/9

3456BA: One Sat. & One Sun., 9 AM-4 PM Begins 4/13

## NEW! Adobe InDesign CS6 Digital Publishing and ePub

This overview class shows you ways to use Adobe InDesign CS6 to create ebooks (.epub format) for tablets such as the Apple iPad®, Kindle®, and Barnes and Noble Nook®. You will also learn how to set up files for Digital Publishing (magazines, brochures, etc.) to the Apple App store or the Android market to be viewed on tablets such as the Apple iPad®. Learn document design and consideration; making documents interactive using buttons, slideshows, image sequences, audio, video & panoramas; working with Folios; managing articles; uploading files to Adobe Cloud.

**Prerequisite:** Working knowledge of InDesign to produce documents, but open to anyone interested in electronic publishing.

\$419 Non-Member      \$399 Member

Includes training materials

**COMPUSKILLS @ CFU LOWRY:** Near 1st & Quebec

3458A: Three Wed., 6-9PM Begins 2/6

3458B: Three Mon., 6-9PM Begins 3/11

3458C: Three Tue., 6-9PM Begins 4/16

**Last chance for for CS4!**

## Adobe Photoshop CS4

\$439 Non-Member      \$419 Member

Tuition includes training materials

3449GY: One Thu. & One Fri., 9 AM-4 PM Begins 1/10 (CS4)

## Adobe Illustrator CS4

\$439 Non-Member      \$419 Member

Tuition includes training materials

3450FC: One Thu. & One Fri., 9 AM-4 PM Begins 1/3 (CS4)

## Adobe InDesign CS4

\$439 Non-Member      \$419 Member

Tuition includes training materials

3451CE: One Mon. & One Tue., 9 AM-4 PM Begins 1/14 (CS4)

## 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](http://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.



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](http://freeu.com) or call the Spanish Center at 303-785-2330 for assistance.

**Call CFU at 303-399-0093 to register!**

## Spanish Center Features

### On-Site Spanish

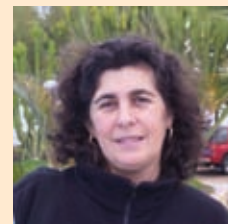
Acquire the language skills your organization seeks with a Spanish class held at your location, at a time that fits your schedule! Our lessons and course material can be modified to fit the needs of your group. Experienced instructors who specialize in adult learning teach our classes. Contact the Spanish 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](http://freeu.com) and click on Spanish Center for details. Try the free demo!



**Spanish Instructor  
Cecilia Gowins**



### Spanish Immersion Day

You're invited to participate in a full day 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. **Prerequisite:** Check CFU website.

\$95 Non-Member \$80 Member  
\$5 materials fee

**CFU LOWRY:** Near 1st & Quebec

#### Beginner

L7009D: One Sat., 9-4:30 PM Begins 2/23  
L7009E: One Sat., 9-4:30 PM Begins 5/18  
L7009F: One Sat., 9-4:30 PM Begins 9/28  
L7009G: One Sat., 9-4:30 PM Begins 12/7

#### Lower Intermediate

L7010D: One Sat., 9-4:30 PM Begins 2/23  
L7010E: One Sat., 9-4:30 PM Begins 5/18  
L7010F: One Sat., 9-4:30 PM Begins 9/28  
L7010G: One Sat., 9-4:30 PM Begins 12/7

#### Upper Intermediate

L7011D: One Sat., 9-4:30 PM Begins 2/23  
L7011E: One Sat., 9-4:30 PM Begins 5/18  
L7011F: One Sat., 9-4:30 PM Begins 9/28  
L7011G: One Sat., 9-4:30 PM Begins 12/7

### Summer Intensive Course

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 summer intensive program. With half of the time spent on grammar and half on conversation you can advance quickly in two weeks of daily classes.

\$289 Non-Member \$275 Member

**CFU LOWRY:** Near 1st & Quebec

#### Spanish 1-2

L7013B: Two weeks, Mon.-Fri., 9-12:15 PM Begins 6/3  
L7013C: Two weeks, Mon.-Fri., 9-12:15 PM Begins 7/8

#### Spanish 3-4

L7015A: Two weeks, Mon.-Fri., 9-12:15 PM Begins 6/17  
L7015B: Two weeks, Mon.-Fri., 9-12:15 PM Begins 7/22

#### Spanish 5-6

L7014B: Two weeks, Mon.-Fri., 9-12:15 PM Begins 7/8

#### Spanish 7-8

L7016A: Two weeks, Mon.-Fri., 9-12:15 PM Begins 7/22

### 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

#### Evenings

L8143HT: Five Wed., 7:35-9 PM Begins 1/16  
L8143HU: Five Thu., 7:35-9 PM Begins 4/4  
L8143HV: Five Mon., 7:05-8:30 PM Begins 5/6; Skips 5/27

### 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

#### Evenings

L8063KO: Five Tue., 6-7:25 PM Begins 1/22  
L8063KP: Five Thu., 5:30-6:55 PM Begins 2/21  
L8063KR: Five Tue., 7:35-9 PM Begins 4/2  
L8063KS: Five Wed., 7:05-8:30 PM Begins 4/24

#### Days

L8063KQ: Five Wed., 11:05-12:30 PM Begins 3/20

### 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

L8154N: Five Mon., 7:05-8:30 PM Begins 1/21  
L8154O: Five Tue., 7:05-8:30 PM Begins 3/26  
L8154P: Five Wed., 7:35-9 PM Begins 5/8

## 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

L81251M: Five Thu., 7:35-9 PM Begins 1/10  
L81251O: Five Wed., 6:7-25 PM Begins 1/30  
L81251R: Five Tue., 7:05-8:30 PM Begins 2/19  
L81251S: Five Thu., 7:35-9 PM Begins 3/21  
L81251U: Five Wed., 7:35-9 PM Begins 4/10  
L81251W: Five Mon., 5:30-6:55 PM Begins 5/6;  
Skips 5/27

#### Days

L81251N: Five Tue., 1:2-25 PM Begins 1/15  
L81251Q: Five Wed., 11:05-12:30 AM Begins 2/13  
L81251T: Five Thu., 11:05-12:30 PM Begins 3/28  
L81251V: Five Wed., 1:2-25 PM Begins 4/24

### 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

L8133AAD: Five Tue., 7:05-8:30 PM Begins 1/15  
L8133AAE: Five Mon., 7:05-8:30 PM Begins 2/25  
L8133AAF: Five Thu., 7:35-9 PM Begins 4/25

### 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

L8136NW: Five Wed., 7:05-8:30 PM Begins 1/9  
L8136NX: Five Tue., 5:30-6:55 PM Begins 3/26  
L8136NY: Five Mon., 7:35-9 PM Begins 5/6;  
Skips 5/27

## 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

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  
L8131BUP: Five Tue., 7:05-8:30 PM Begins 2/12  
L8131BUQ: Five Mon., 6:7-25 PM Begins 2/18  
L8131BUS: Five Thu., 7:05-8:30 PM Begins 2/21  
L8131BUT: Five Wed., 7:35-9 PM Begins 2/27  
L8131BUV: Five Tue., 5:30-6:55 PM Begins 3/19  
L8131BUX: Five Mon., 6:7-25 PM Begins 3/25  
L8131BUZ: Five Thu., 5:30-6:55 PM Begins 3/28  
L8131BVA: Five Wed., 6:7-25 PM Begins 4/3  
L8131BVD: Five Mon., 7:35-9 PM Begins 4/29;  
Skips 5/27  
L8131BVE: Five Tue., 5:30-6:55 PM Begins 4/30  
L8131BVG: Five Thu., 6:7-25 PM Begins 5/9

#### Days

L8131BUL: Five Sat., 11:05-12:30 PM Begins 1/19  
L8131BUM: Five Mon., 11:05-12:30 PM Begins 1/21  
L8131BUR: Five Tue., 11:05-12:30 PM Begins 2/19  
L8131BUU: Five Sat., 9:30-10:55 AM Begins 3/2  
L8131BUW: Five Wed., 9:30-10:55 AM Begins 3/20  
L8131BUZ: Five Mon., 11:05-12:30 PM Begins 4/1  
L8131BVB: Five Sat., 11:05-12:30 PM Begins 4/6  
L8131BVC: Five Wed., 11:05-12:30 PM Begins 4/24  
L8131BVF: Five Mon., 9:30-10:55 AM Begins 5/6;  
Skips 5/27

### 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

L8140AFV: Five Tue., 7:35-9 PM Begins 1/22  
L8140AFW: Five Thu., 7:35-9 PM Begins 2/14  
L8140AFY: Five Wed., 6:7-25 PM Begins 2/27  
L8140AGA: Five Tue., 6:7-25 PM Begins 4/2  
L8140AGB: Five Mon., 6:7-25 PM Begins 4/29;  
Skips 5/27

L8140AGD: Five Wed., 6:7-25 PM Begins 5/15

#### Days

L8140AFT: Five Mon., 9:30-10:55 AM Begins 1/21  
L8140AFX: Five Thu., 11:05-12:30 AM Begins 2/21  
L8140AFZ: Five Tue., 1:2-25 PM Begins 3/26  
L8140AGC: Five Thu., 11:05-12:30 AM Begins 5/2

### 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

L8132BIZ: Five Wed., 7:05-8:30 PM Begins 1/9  
L8132BJA: Five Thu., 5:30-6:55 PM Begins 1/17  
L8132BJC: Five Tue., 5:30-6:55 PM Begins 2/12  
L8132BJD: Five Mon., 7:35-9 PM Begins 2/18  
L8132BJG: Five Wed., 7:35-9 PM Begins 3/6  
L8132BJH: Five Tue., 7:05-8:30 PM Begins 3/19  
L8132BII: Five Mon., 6:7-25 PM Begins 3/25  
L8132BIJ: Five Thu., 7:05-8:30 PM Begins 3/28  
L8132BIJL: Five Wed., 7:35-9 PM Begins 4/3  
L8132BJN: Five Tue., 5:30-6:55 PM Begins 4/23  
L8132BJP: Five Mon., 6:7-25 PM Begins 4/29;  
Skips 5/27  
L8132BJQ: Five Thu., 5:30-6:55 PM Begins 5/2  
L8132BJS: Five Wed., 6:7-25 PM Begins 5/8

#### Days

L8132BIZ: Five Wed., 11:05-12:30 PM Begins 1/9  
L8132BJB: Five Sat., 9:30-10:55 AM Begins 1/19  
L8132BJE: Five Mon., 11:05-12:30 PM Begins 2/25  
L8132BJF: Five Sat., 11:05-12:30 PM Begins 3/2  
L8132BJJ: Five Tue., 11:05-12:30 PM Begins 3/26  
L8132BJM: Five Sat., 9:30-10:55 AM Begins 4/6  
L8132BJO: Five Wed., 9:30-10:55 AM Begins 4/24  
L8132BJR: Five Mon., 11:05-12:30 PM Begins 5/6;  
Skips 5/27

### 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

L8144FF: Five Mon. & Wed., 6:7-25 PM Begins 1/14  
L8144FI: Five Tue. & Thur., 6:7-25 PM Begins 2/26  
L8144FK: Five Tue. & Thur., 7:35-9 PM Begins 5/7  
**Days**  
L8144FG: Five Tue. & Thur., 11:05-12:30 PM Begins 1/15  
L8144FH: Five Tue. & Thur., 1:2-25 PM Begins 2/19  
L8144FJ: Five Tue. & Thur., 1:2-25 PM Begins 4/30

## 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

L8121XV: Five Mon., 6-7:25 PM Begins 1/14

L8121XW: Five Thu., 7:35-9 PM Begins 1/24

L8121XY: Five Tue., 7:35-9 PM Begins 2/26

L8121XZ: Five Wed., 6-7:25 PM Begins 3/6

L8121YA: Five Mon., 7:35-9 PM Begins 3/25

L8121YC: Five Thu., 6-7:25 PM Begins 4/4

L8121YD: Five Tue., 7:05-8:30 PM Begins 4/23

L8121YE: Five Wed., 7:35-9 PM Begins 5/15

#### Days

L8121XU: Five Wed., 9:30-10:55 AM Begins 1/9

L8121XX: Five Mon., 9:30-10:55 AM Begins 2/25

L8121YB: Five Thu., 1-2:25 PM Begins 3/28

L8121YE: Five Tue., 11:05-12:30 PM Begins 4/30

### 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

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

L8122RG: Five Mon., 6-7:25 PM Begins 2/18

L8122RH: Five Thu., 7:35-9 PM Begins 2/28

L8122RJ: Five Wed., 6-7:25 PM Begins 4/10

L8122RK: Five Tue., 7:05-8:30 PM Begins 5/28

#### Days

L8122RE: Five Thu., 1-2:25 PM Begins 1/17

L8122RF: Five Wed., 9:30-10:55 AM Begins 2/13

L8122RI: Five Mon., 9:30-10:55 AM Begins 4/1

### 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

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

L8141LQ: Five Tue., 5:30-6:55 PM Begins 2/19

L8141LR: Five Wed., 7:05-8:30 PM Begins 3/20

L8141LS: Five Thu., 7:05-8:30 PM Begins 5/2



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## 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

L8126FJ: Five Thu., 6-7:25 PM Begins 1/10

L8126FK: Five Mon., 5:30-6:55 PM Begins 2/25

L8126FL: Five Wed., 5:30-6:55 PM Begins 3/20

L8126FM: Five Tue., 7:05-8:30 PM Begins 4/30

### 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

L8128EN: Five Tue., 7:05-8:30 PM Begins 1/8

L8128EO: Five Thu., 6-7:25 PM Begins 2/14

L8128EP: Five Mon., 5:30-6:55 PM Begins 4/1

L8128EQ: Five Wed., 5:30-6:55 PM Begins 4/24

### 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

L8142DC: Five Mon., 7:35-9 PM Begins 1/14

L8142DD: Five Thu., 6-7:25 PM Begins 3/21

L8142DE: Five Tue., 6-7:25 PM Begins 5/7

## 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

L8134HG: Five Wed., 5:30-6:55 PM Begins 1/9

L8134HH: Five Mon., 7:35-9 PM Begins 2/25

L8134HI: Five Thu., 6-7:35 PM Begins 4/25

### 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

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

L8150BQ: Five Mon., 7:35-9 PM Begins 4/1

### 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

L8164AG: Five Thu., 7:05-8:30 PM Begins 1/17

L8164AH: Five Wed., 7:05-8:30 PM Begins 2/13

L8164AI: Five Mon., 7:05-8:30 PM Begins 4/1



## Italian Made Easy for Travelers & Non-Travelers Alike

This is a fun, spirited class for people traveling to Italy or for anyone wanting to begin their study of this beautiful language. This introductory course will have you speaking in full sentences after just one session. We cover pronunciation, asking and answering questions, numbers, food items and ordering from a menu, verbs, and common phrases used in everyday situations. Enjoy a supportive environment in this gentle, well-paced introduction to the language. **Cinzia Waldrop-Sanniti** is a native speaker with 27 years of experience as a language teacher and sensitive to the differences in her students' learning styles.

\$110 Non-Member      \$98 Member  
\$7 materials fee payable in class  
\$8 optional CD available in class

**CENTRAL DENVER:** Ellsworth & Lincoln  
8250FI9: Five Tue., 7-8:30 PM Begins 1/22  
8250FJ: Five Tue., 7-8:30 PM Begins 2/26  
8250FK: Five Tue., 7-8:30 PM Begins 4/2  
8250FL: Five Tue., 7-8:30 PM Begins 5/7

## 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 who has been teaching Italian for more than a decade.

\$117 Non-Member      \$105 Member  
\$25 (travel) or \$45 (all other classes) materials fee payable in class

**CENTRAL DENVER:** Colorado & Alameda  
8366DR: Four Mon., 6-7:50 PM Begins 1/7  
8366DS: Four Tue., 6:30-8:20 PM Begins 1/8 (travel)  
8366DT: Four Sat., 9-10:50 AM Begins 2/2  
8366DU: Four Tue., 6-7:50 PM Begins 3/7  
8366DV: Four Wed., 6:30-8:20 PM Begins 2/6 (travel)  
8366DW: Four Sat., 9-11:30 AM Begins 2/9 (travel)  
8366DX: Four Wed., 6:30-8:20 PM Begins 3/6 (travel)  
8366EY: Four Thu., 6-7:50 PM Begins 3/7  
8366EA: Three Sat., 9-11:40 AM Begins 3/9 (travel)  
8366EB: Four Wed., 6:30-8:20 PM Begins 4/3 (travel)  
8366EC: Four Sat., 9-11:20 AM Begins 4/6 (travel)  
8366ED: Four Mon., 6-7:50 PM Begins 4/8  
8366EE: Four Wed., 6-7:50 PM Begins 5/1  
8366EG: Three Sat., 9-11:40 AM Begins 5/4 (travel)  
8366EF: Four Tue., 6:30-8 PM Begins 5/7 (travel)

## Chinese for Travel and Business

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. The structure is flexible and engaging so that all students can take advantage of their own best modes of learning. The focus is on speaking, and grammar will be introduced only as students are ready. Some attention will also be given to Chinese characters. **Yunn Pann**, a native speaker, has taught conversational Mandarin at foreign language institutes around the country as well as in secondary and elementary schools. It is encouraged that students bring an audio recording device to class.

\$110 Non-Member      \$98 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
8054CD: Four Sun., 3:30-6 PM Begins 4/7

## 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. Ayako is eager to share her love of Japan and help students feel comfortable learning a new language. 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  
8064AR: Six Tue., 6-7:30 PM Begins 2/5

## 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. A prerequisite for this class is to have basic reading skills in Hiragana and Katakana. 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  
8065U: Six Thu., 6-7:30 PM Begins 2/7

## 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. You will come away from this beginning series with a solid foundation in signing and basic communication skills. **John Elstad**, a native signer, grew up in Denver and owns a local interpreting service. He 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  
8012DF: Four Mon., 6:30-8:30 PM Begins 1/7;  
Skips 1/21  
8012DG: Four Mon., 6:30-8:30 PM Begins 2/25  
8012DH: Four Mon., 6:30-8:30 PM Begins 4/22

## 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 20 years.

\$96 Non-Member      \$84 Member  
\$12 materials fee payable in class  
**CENTRAL DENVER:** Ellsworth & Lincoln  
8052GB9: Five Tue., 7-8:30 PM Begins 1/8  
8052GC: Five Tue., 7-8:30 PM Begins 2/26  
8052GD: Five Tue., 7-8:30 PM Begins 4/9  
8052GE: Five Tue., 7-8:30 PM Begins 5/28

## 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. In no time you'll master the Russian alphabet and be able to express basic needs in Russian. **Olga Kraievaia-Munz** is a native of Siberia.

\$86 Non-Member      \$74 Member  
\$12 materials fee payable in class  
**BOULDER:** Table Mesa & Broadway  
8053FO: Four Tue., 7-8:30 PM Begins 2/19  
8053FP: Four Wed., 7-8:30 PM Begins 5/1

## Make Another Country Your Second Home

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.

\$113 Non-Member \$99 Member  
\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec  
8625AN: One Sat., 10 AM-3 PM 1/19  
8625AO: One Sat., 10 AM-3 PM 3/16  
8625AP: One Sat., 10 AM-3 PM 5/11

## 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 airfares, accommodations, cruises, entertainment, and creative lodging ideas, all for a fraction of the usual cost. The Internet can be a great tool if you know where to find the best websites to save you money. 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  
8820CY: One Sat., 9-11 AM 1/5  
8820DA: One Sat., 9-11 AM 2/9  
8820DB: One Sat., 9-11 AM 3/2  
8820DC: One Sat., 9-11 AM 4/6



## 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

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

8728AC: One Sun., 1-3 PM 2/24

8728AD: One Sat., 10 AM-noon 4/6

## 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. You will also have a short lesson in reading and pronouncing Maori place names.

\$51 Non-Member \$39 Member

**CFU LOWRY:** Near 1st & Quebec

1938W: One Thu., 6-8:30 PM 3/7

## 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. This is your opportunity to have a real conversation with someone who can answer your questions, ask you the pertinent questions about your travel goals, and give you a wealth of information to use in planning your adventure. 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

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

8741W: One Mon., 6-8:30 PM 4/8

## NEW! Get Ready for Italy!

### Insider Travel Tips from the Italian Institute

Planning a trip to Italy? Make it the trip of a lifetime by attending this informative travel seminar by an experienced language teacher and Italian native. Learn more about Italy's diverse accommodations, restaurants and secret destinations; including budget options for every travel style. Gain insider tips on topics such as how to dress and what to pack, venues to book in advance, money matters, Italian culture, customs and etiquette, getting around with ease (when to use trains, rental cars, or private drivers), and of course the foods you must try! An open Q&A forum is used to share ideas and allows you to learn the most from our Italy travel and language expert. A welcome reception is held during the first 30 minutes of the seminar, where light refreshments are served. Seminars are hosted by **Maria Chiacchio**, an Italian native from the Lake Como region who has lived and traveled throughout Italy. She has been teaching the Italian language to Denver students for more than a decade and has helped to make her clients travel experiences a life memory.

\$36 Non-Member \$24 Member

**CENTRAL DENVER:** Colorado & Alameda

8730A: One Fri., 5:30-7:15 PM 1/25

8730B: One Fri., 5:30-7:15 PM 3/15

8730C: One Sat., 11:30 AM-1:15 PM 5/11

## 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

8723CB: One Sat., 9:30 AM-noon 3/9

## 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. They also ran a tour operator company together and Daniel has owned a motorcoach company.

\$36 Non-Member      \$24 Member

**CFU LOWRY:** Near 1st & Quebec

8812U: One Sat., 9:30-11 AM 1/12

8812V: One Sat., 9:30-11 AM 3/9

8812W: One Sat., 9:30-11 AM 4/13

8812X: One Sat., 9:30-11 AM 5/11



## 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. 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.

\$51 Non-Member      \$39 Member

\$1 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

1952D: One Tue., 6:30-8:30 PM 3/26

1952E: One Tue., 6:30-8:30 PM 4/30

## 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**

5567AD: Seven Weeks, 2/7

5567AE: Seven Weeks, 4/4

## 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. **Theresa Marrone** is a professionally trained mediator who has done a great deal of pro bono work over the years. She works at Regis University in administration where her mediation skills come into play everyday.

\$46 Non-Member      \$34 Member

**CFU LOWRY:** Near 1st & Quebec

3343EU9: One Sat., 9:30 AM-noon 1/12

3343EV: One Thu., 6-8:30 PM 2/21

3343EW: One Sat., 9-11:30 PM 3/23

## 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

3356BB: Mon.-Fri., 8:30 AM-4:30 PM Begins 4/8

## So You Want to Work Overseas?

### Practical Strategies for Living Your Dream

Whether you've always dreamed of traveling beyond the typical two-week vacation or are in limbo with your current employment, this class will help you discover a whole new world of possibilities. 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

3140AS: One Mon., 6-9 PM 1/14

3140AT: One Thu., 6-9 PM 3/14

3140AU: One Wed., 6-9 PM 5/15

**Laura Lewandowski**  
is "Fantastic – her enthusiasm...gives me confidence in her knowledge...[I got] the encouragement to pursue finding a job overseas..." – anonymous



## 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; and 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.healthedtoday.com/freeu](http://www.healthedtoday.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.

## How to Get the Government Job You Want

### Tips, Tricks and Benefits

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 BA in political science from the University of California, Berkeley, and an MA from the University of California, Riverside.

**\$51 Non-Member \$39 Member**  
**CFU LOWRY:** Near 1st & Quebec  
 3395BW9: One Sat., 9 AM-12 PM 1/5  
 3395BX: One Sat., 9 AM-noon 3/9

## Colorado Notary Training

Becoming a notary can benefit you in your current job or become a source of additional income. The business is growing in demand and offers more employment opportunities than most people realize. 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, training notaries throughout the Metro area. 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  
 3237Y: One Thu., 6-8 PM 1/3  
 3237AA: One Tue., 2-4 PM 1/22  
 3237AB: One Tue., 6-8 PM 2/12  
 3237AC: One Thu., 2-4 PM 2/28  
 3237AD: One Wed., 2-4 PM 3/13  
 3237AE: One Tue., 6-8 PM 4/2  
 3237AF: One Wed., 6-8 PM 4/24  
 3237AG: One Wed., 2-4 PM 5/15

## 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  
 3100IJ: Three Sat., 1:30-5 PM Begins 1/5  
 3100IK: Three Thu., 6-9:30 PM Begins 3/7  
 3100IL: Three Sat., 1:30-5 PM Begins 5/4

## NEW! Become a Wedding Officiant

Discover how you can augment your income while sharing in the powerful, intimate experience of joining couples in matrimony. Explore the legalities being an ordained minister/wedding officiant, duties and expectations, and how to start your own business, including pricing and marketing your services. Most importantly, learn how to make the ceremony truly meaningful to the couple getting married. **Rev. Jody Stevenson**, ordained, non-denominational wedding minister, offers you the tools needed to begin your journey of success. Having officiated over 1000 weddings, she has 27 years of expertise and knowledge.

**\$51 Non-Member \$39 Member**  
 \$15 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
 2168AD: One Sun., 1:30-4:30 PM 1/27  
 2168AE: One Sat., 9 AM-noon 2/23  
 2168AF: One Sun., 1:30-4:30 PM 3/24  
 2168AG: One Sat., 9 AM-noon 4/27



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## NEW! Make Money from Thrifting

### Secrets of Picking for Consignment

There is a world of interesting cast-offs and gently used treasures in local thrift stores. If you’re just looking to save money and have fun shopping, this class will introduce you to some of the best second hand and consignment stores in town. But your instructors, **Joanna Hudson** and **Carrie Smart**, are also going to let you in on the secrets of “picking” for resale—and where to take those finds to get the highest return on your dollar. Discover what to look for, how to know what you have once you’ve found it, and which local store to approach to resell it. Also hear a bit about how to find items at auction and estate sales. After two hours in the classroom, head over to a nearby thrift shop and practice finding items to pick/sell with your instructors’ fun guidance. Joanna is a former alternative school principal who specializes in finding and reselling decorator items, clothing, and art. Carrie is a probation officer who loves to look for jewelry, gemstones, and clothes—but has a hard time reselling her great finds.

**\$58 Non-Member \$46 Member**  
 \$2 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
 1882A: One Sat., 9:30 AM-2 PM 2/9  
 1882B: One Sat., 9:30 AM-2 PM 3/16  
 1882C: One Sat., 9:30 AM-2 PM 4/27

## 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. 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  
3107AI: One Tue., 6-9 PM 1/8  
3107AJ: One Tue., 6-9 PM 2/26  
3107AK: One Sat., 1-4 PM 4/6  
3107AL: One Mon., 6-9 PM 5/13

## 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  
3103Q: One Sat., 1-5 PM 1/26  
3103R: One Sat., 1-5 PM 3/16  
3103S: One Sat., 1-5 PM 5/18

## 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  
3136AO: One Sat., 1-4 PM 2/16  
3136AP: One Thu., 6-9 PM 3/28  
3136AQ: One Mon., 6-9 PM 4/22

## The \$1,000-A-Day Consultant

Successful consultants can easily earn \$1,000 a day and sometimes much more. Learn how to develop your expertise and gain expert credentials; set your fees and write winning proposals; find customers using zero-cost marketing; 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** is a certified financial planner practitioner, author, seminar leader, and consultant. The optional \$10 materials fee is for the Consultant's Success Kit CD (a \$29 value!).

\$61 Non-Member      \$49 Member  
\$10 optional materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
6652V: One Fri., 3-5:30 PM 3/1

## Zero-Cost Internet Business Make Real Money in Your Spare Time with a No-Cost

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 for over two decades.

\$61 Non-Member      \$49 Member  
\$10 optional materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
6658J: One Sat., 10 AM-12:30 PM 3/2

## Buy, Sell, and Profit on eBay Create a Second or Full-Time Income Stream

Discover how you can take advantage of the world of online auctions as a buyer or seller. Learn what sells—including stuff that you had never considered and what is hot on eBay right now. Get insider tips for making your listings more attractive to generate more bids at higher prices. Learn the biggest pitfalls of buying and selling online and how to avoid them. Yes, you can take that \$10 item bought at a garage sale and turn it into \$500 online! This class focuses on strategies for making a profit on eBay, not step-by-step instruction on how to use eBay. **Paul Mladjenovic.**

\$66 Non-Member      \$54 Member  
\$10 optional materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3398AC: One Sat., 2-4:30 PM 3/2

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

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. 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. Take this Intro class and receive \$20 off the more in-depth, follow up workshop: #3386 The Nuts & Bolts of an Import Business Intensive Workshop. To receive the discount, you must call to register for the Intensive Weekend and mention the discount at the time of registration.

\$51 Non-Member      \$39 Member  
\$15 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3387CK9: One Thu., 6-9 PM 1/10  
3387CL: One Thu., 6-9 PM 3/7

## 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. **Tomas Belcik** has been importing from all over the world, especially South and Southeast Asia, for 30+ years. If you've taken Introduction to Importing (#3387) you can receive \$20 off your registration for this class. To receive the discount, you must call to register and mention the discount at the time of registration.

\$179 Non-Member      \$159 Member  
\$15 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3386CL: Sat. & Sun., 10 AM-4 PM Begins 1/12  
3386CM: Sat. & Sun., 10 AM-4 PM Begins 3/9



## Start a Home-Based Medical Transcription Business

The demand for medical transcriptionists is soaring. Find out everything you need to know about the business: pricing, collecting, equipment and software, professional organizations, blank contracts and sub-contractors, ideas about networking, and much more. **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  
3372CL: One Sat., 9:30 AM-12:30 PM 1/12  
3372CM: One Mon., 6:30-9:30 PM 3/18

## Medical Transcription A to Z An Outstanding Home-Study Course

This hands-on, comprehensive, self-study program requires no prior medical experience to get you trained to work as a medical transcriptionist. 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 superb track record and 30 years in the field. Visit the CFU website to learn more, 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.  
3382E: Self-study

## 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  
4523GJ: One Tue., noon-4 PM 1/15  
4523GK: One Tue., noon-4 PM 1/29  
4523GL: One Tue., noon-4 PM 2/12  
4523GM: One Tue., noon-4 PM 2/26  
4523GN: One Tue., noon-4 PM 3/12  
4523GO: One Tue., noon-4 PM 3/26  
See more dates on the CFU website.

## NEW! Business Success With Stan & Phyllis Carpenter.

Stan has had a long and successful business consulting career of over 35 years working in and with companies of all sizes ranging in size from start-ups to large international corporations. Phyllis holds educational degrees in both Graphic Design and Behavioral Science and has used her skills to assist companies with website design, product photography, marketing, and customer service for over 20 years.

## NEW! New Business Quickstart

### How to Set Up and Launch a Business

This class will give you the road map you need to start your own business, and do it right. We will cover in a Keep-It-Simple (KISS) approach "the what next" for all of the nuts and bolts needed to get a new business setup and operating. Topics that will be covered include: things to consider before you spend anything; selecting a legal entity type for your business; selecting a business name and domain name; business and marketing plans; legal and accounting issues; finances and funding your start-up business; setting up a website; and many other topics. An added bonus is that you will learn about a number of free and inexpensive resources for your business.

**Stan and Phyllis Carpenter.**

\$56 Non-Member      \$44 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1800A: One Sat., 9 AM-noon 2/9  
1800B: One Sat., 9 AM-noon 4/13

## NEW! Start a Low Cost Home-Based Business

If you've been toying with the idea of running a business from home, this class will help you solidify your ideas and plans. In class, address the following questions: Am I the type of person that could be successful running my own business? What are some great ideas for a start-up business? Explore which businesses or types of businesses could be the most profitable and what might be some low cost businesses to launch. Discuss the important factors that you need to consider in starting a new business and the pitfalls to avoid. Get ideas for finding financing and getting started on developing an action plan to get your business going. **Stan and Phyllis Carpenter.**

\$56 Non-Member      \$44 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1997A: One Sat., 9 AM-noon 2/16  
1997B: One Sat., 9 AM-noon 4/20

## NEW! Business Tune-Up Taking a Business to the Next Level

Business owners who own and operate their own businesses should take this class to improve their profitability and consider ways to grow their business. Learn how to complete a thorough business check-up and self-evaluation so that you can identify the key issues you need to address or improve. Learn to manage your business finances and Financial Statements more efficiently, find out which financial reports you should be looking at, how often you should review these records, and how you can become more effective by focusing on the key financial factors that affect your business. Leave class with many tips and strategies that might help you grow and improve your business. **Stan and Phyllis Carpenter.**

\$71 Non-Member      \$59 Member  
\$12 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1996A: One Sat., 8:30 AM-12:30 PM 2/23  
1996B: One Sat., 8:30 AM-12:30 PM 4/27

## NEW! Business Start-Up Boot Camp

### Intensive Workshop with Jennifer Croft



Are you ready to become your own boss? This fun and information-rich workshop will give you the tools you need to turn your dream into a reality. Whether you plan to start a part-time or full-time business, spend two days with other motivated entrepreneurs and leave ready to get going. Begin by clarifying your vision and assessing its viability. Discover how to properly set up your business and how to market your products and services. Find out about pricing, cash flow, financing, employees, taxes, business plans, and more. The information you'll take away can be applied to any type of business: home-based, online, retail, service, manufacturing, or distribution. After a hiatus from teaching at CFU, **Jennifer Croft** returns to offer this high value workshop. Self-employed since the age of twenty-one, Jennifer has successfully started and run six small businesses. Owner of Croft Communications, she is a master teacher and business consultant and has helped more than 3,000 people start and run their own businesses.

\$210 Non-Member      \$189 Member  
\$10 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1987A: One Sat. & One Sun., 9 AM-4 PM, 2/23 & 2/24  
1987B: One Sat. & One Sun., 9 AM-4 PM, 5/18 & 5/19



# Business Possibilities/Marketing

## Start Your Dream Business Now!

### A Road Map to Success

Looking to take control of your career/professional destiny? Maybe business ownership is for you. 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. Currently he owns Integrity Businesses Ventures, Inc., an enterprise dedicated to placing people in the right business for their success. The workshop and its 50+ page accompanying workbook are carefully organized to serve as a road-map down the road to success.

\$51 Non-Member      \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

1917O: One Wed., 6-9 PM 2/20

1917P: One Wed., 6-9 PM 3/20

1917Q: One Wed., 6-9 PM 4/17

## 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** of Art Career Essentials (ACE).

\$51 Non-Member      \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

1335U: One Sat., 9 AM-noon 4/6

## 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** of Art Career Essentials (ACE).

\$51 Non-Member      \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

1339C: One Sat., 9 AM-noon 4/13

## Business Essentials for Artists

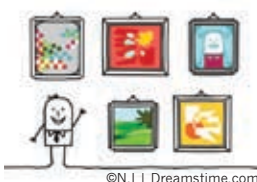
Learn how to set up a simple, functional art business. Learn about project budgets, proposals for commissions, contracts, invoices, disclaimers, and business structures. Find out how to price your artwork, charge sales tax, provide a certificate of authenticity, and set realistic financial goals. **Beth 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, and more.

\$51 Non-Member      \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1334T: One Sat., 9 AM-noon 3/23



## 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** of Art Career Essentials (ACE).

\$51 Non-Member      \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1336R: One Sat., 9 AM-noon 2/16

1336S: One Sat., 9 AM-noon 5/11

## 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.

\$51 Non-Member      \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1337R: One Sat., 9 AM-noon 2/9

1337S: One Sat., 9 AM-noon 5/4

## NEW! Zero-Cost Marketing™

Reach millions of potential customers even if your marketing budget is ZERO! Whether you are a freelancer, home business person, or small business owner, you can sell more of what you offer even if you have NO money for marketing or advertising. This course explores strategies, tactics, and resources that can help you do zero-cost marketing! Learn how to create publicity; how to market by getting interviewed on radio and TV; powerful ways to generate referrals; how to get into national catalogs, home shopping networks, and even infomercials; the art of the press releases that get published; how to get free traffic for your website or blog; and resources, agents and organizations to maximize your profits. **Paul Mladjenovic** is a certified financial planner practitioner and business consultant. Paul's publications include the books *Zero Cost Marketing* and *How to Achieve Credit Card Merchant Status*. He has appeared on many TV programs including CNBC-TV.

\$61 Non-Member      \$49 Member

\$10 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1980A: One Sun., noon-2:30 PM 3/3

## Easy Email Marketing with Mail Chimp®

You've heard that you need a contact list to keep in touch with your customers, but what do you do with it? How do you reach out to your customer base without breaking the bank? It's easy with direct email marketing. 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

32100: One Fri., 1-4 PM 1/11

3210P: One Wed., 6-9 PM 2/20

3210Q: One Fri., 1-4 PM 4/12

3210R: One Tue., 6-9 PM 5/14

## NEW! Smart & Successful Websites

### Understanding Online Marketing

You have created a website...now what?? It's time to learn some smart techniques to help make your site a successful marketing tool for your business! Learn what it means to have relevant and engaging content on your website that will set you apart from your competition. Find out how search engine optimization (SEO), paid search, and social media can impact your site traffic and your business growth—and the advantages of each. We'll also spend time on some of the nuts and bolts of SEO, such as effective keyword selection and Google Analytics top metrics and data points. Google Webmaster Tools will also be discussed to help you identify the health of your website. **Michael Borgelt** is an Internet marketing consultant and part owner of 51 Blocks, a firm that specializes in SEO, social media, web development, and web analysis.

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

3590BC: One Thu., 6-9 PM 1/24

3590BD: One Thu., 2-5 PM 3/7

3590BE: One Thu., 6-9 PM 4/18

## NEW! Get Your Business at the Top of Local Search

Local search lets users look for businesses in a distinct geographic area (e.g. Denver breweries)—and returns results with a map of local listings. If you've done an Internet search of your business or service only to find that it does not appear in the map section of Google, Bing, or Yahoo, it's time for this course! Discover the importance of Local Search and why it's of crucial importance for your business listing on the web. Learn the differences between on-listing, onsite, and offsite optimization. Discuss how to identify the top keywords for your business. During the interactive presentation-style workshop, learn how to claim and create a local listing profile for your business in Google. **Michael Borgelt** is an Internet marketing consultant and part owner of 51 Blocks, a firm that specializes in SEO, social media, web development, and web analysis. Come learn tips and tricks from this industry insider and keep your business on the map—literally!

\$57 Non-Member \$45 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

3221AJ: One Thu., 2-5 PM 1/24

3221AK: One Thu., 6-9 PM 3/7

3221AL: One Thu., 2-5 PM 4/18

## Jennifer Croft Workshops

## NEW! Get to the Top of Google

### Search Engine Optimization

People look to the web for the products, services, and information they need, so it is vital that your website be easily found in the search engines. There's no need to pay for clicks or banner ads, but you do need to crack the code of keywords. Come to this fun, basic class on search engine optimization (SEO) and learn how to get your website to the top of Google, Yahoo, and Bing for hundreds, or even thousands, of keywords and phrases. This class focuses on general Internet search principles and does not delve into the specifics of local search. **Jennifer Croft** has twenty-five years marketing experience, including five years experience in search engine optimization (SEO) and Internet marketing. She owns 40 websites and has worked on more than 500 websites.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1988A: One Wed., 6:30-8:30 PM 2/13

1988B: One Wed., 6:30-8:30 PM 5/8

## NEW! Google Analytics 101

You can spend a lot of time and effort on your online marketing, but if you can't assess the results you're getting, you may be wasting time. How can you tell which of your online and offline marketing efforts are actually driving traffic to your website? Google Analytics, which tracks thousands of statistics for your website, is the key to getting those answers. The data Google Analytics provides can be overwhelming, but in this basic, user-friendly class, you'll learn the top 10 statistics you should be watching and how to use the information to increase traffic and sales. **Jennifer Croft** has twenty-five years marketing experience, including five years experience in search engine optimization (SEO) and Internet marketing. She owns 40 websites and has worked on more than 500 websites.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1990A: One Mon., 6:30-8:30 PM 2/25

1990B: One Tue., 6:30-8:30 PM 5/7



## NEW! 20 Ways to Market on the Internet

Learn how to increase your exposure on the Internet. In this crash course on web marketing, you'll discover 20 Internet marketing strategies, most of which are free, and some of which take less than ten minutes to implement! These effective online marketing tactics include: search engine optimization, social media (Facebook, Linked In, and Twitter), places/map listings, blogs, e-newsletters, links building, and more. You'll leave knowing where to spend your time and money, as well as how to track results. **Jennifer Croft** has twenty-five years marketing experience, including five years experience in search engine optimization (SEO) and Internet marketing. She owns 40 websites and has worked on more than 500 websites.

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1989A: One Thu., 6:30-9 PM 2/21

1989B: One Mon., 6:30-9 PM 5/6

## 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 jump-start 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. This lab is limited to five students so you will get help with your particular needs and learn from other's work as well. 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, coffeei.com, and has been designing websites for over 10 years. She has taught at the University of Denver and Colorado State University.

\$91 Non-Member \$79 Member

**CFU LOWRY:** Near 1st & Quebec

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

3735L: One Mon., 6-9 PM 2/25

3735M: One Mon., 6-9 PM 3/25

3735N: One Mon., 6-9 PM 4/29

# Business Marketing | Special Event

## 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. This class is designed to help you get the big picture and prepares you for the next step: creating a digital marketing strategy that fits your budget and advances your business goals.

**Jennifer Hilburn.**

\$46 Non-Member      \$34 Member

**CFU LOWRY:** Near 1st & Quebec

1935E9: One Fri., 9-11 AM 1/11

1935F: One Mon., 6-9 PM 3/18

### 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. Materials fee is for the workbook, additional optional fee provides full Strategy Creation Kit including a 1:1 strategy session with Jen and a one month membership in DIYDigitalMarketing program. **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

1928E9: One Fri., 11:30 AM-5:30 PM 1/11

1928F: One Tue. & One Wed, 6-9 PM Begins 3/19 & 3/20

### 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 in class, students should have set up and “played” with a Pinterest account for at least 30 minutes prior to class (set up requires a Twitter or Facebook account). How to video available at <http://get-clicked.com/cfu/pinstart.html>. **Jennifer Hilburn.**

\$57 Non-Member      \$45 Member

\$10 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1930E9: One Thu., 1-4 PM 1/10

1930F: One Tue., 2-5 PM 3/19

### 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

## Business/Entrepreneur Digital Marketing

Small business owners and marketing directors must understand what's available in the digital and social media world for marketing a business. Whether you plan to implement the strategies yourself or employ a Social Media Manager to run your campaigns, CFU has created a curriculum to give you the foundation in digital marketing options. Learn what is involved in marketing campaigns, the platforms that are available, what might work best for your business, and how you can get the most from social media. To learn about this Digital Marketing Track and the requirements to earn the **Certificate of Completion in Online Marketing** look in the Social Media category of the CFU website and like us on Facebook to get updates.

### Mobile Marketing

Did you know that 20% of web traffic in North America comes from mobile devices? Break down who's using mobile devices and how, explain mobile marketing technologies, and look at some strategies for capturing and converting mobile users. **Jen Hilburn.**

\$46 Non-Member      \$34 Member

**CFU LOWRY:** Near 1st & Quebec

1964C9: One Thu., 9:30-11:30 AM 1/10

### Easy Content Creation for Digital Marketing

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. Previous experience with a blogging platform such as WordPress is recommended in order to get the most out of this class. **Jennifer Hilburn.**

\$57 Non-Member      \$45 Member

\$10 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

### B2B Sales Success with Webinars

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.

**Jennifer Hilburn.**

\$46 Non-Member      \$34 Member

**CFU LOWRY:** Near 1st & Quebec

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



# Business Marketing/Strategies

**Last chance for classes with Nazli!**

## Twitter, Google+ & Hootsuite

In this lively demonstration-style class, learn how you can leverage two social media ecosystems, Twitter and Google+, to market your business. Twitter, a micro blogging platform, has grown to an active community of over 140 million users. Learn Twitter's lingo-hashtags, @mentions, @replies, retweets. 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. Finally, learn about Hootsuite to help you take control of all your social media strategy. Class is taught in a fast-paced and information-packed demonstration. **Nazli Nomanbhoy** owns her own web consulting company coffeepi.com, and has been designing websites for over 10 years. She has taught at DU and CSU.

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

3732L: One Sat., 1-3:30 PM 3/16

## Facebook for Business

There are over 800 million active users on Facebook, a tremendous audience to market your business to. In this demonstration class, we will explore 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 how you'll be able to create your first Facebook ad in less than 10 minutes and then learn to leverage 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. Class is taught in a lively demonstration style. **Nazli Nomanbhoy.**

\$56 Non-Member \$44 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

3733L: One Sat., 9:30 AM-noon 3/16

## LinkedIn 101

### Building a Profile That Gets Results

Whether you are employed, unemployed, or underemployed, the social media site LinkedIn has become a powerful tool for career enhancement and networking. This beginner class will prepare you to 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, searching for contacts, 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. Her industry experience in recruitment, combined with her background in education provide her with the unique ability to both understand the complexity of the job search and communicate it effectively to her clients and established professionals.

\$56 Non-Member \$44 Member

**CFU LOWRY:** Near 1st & Quebec

3349BD: One Wed., 6-8:30 PM 2/20

3349BE: One Wed., 6-8:30 PM 4/17

## 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. Discover techniques to create a dynamic company page or group, enhance your market presence, solicit business funding, find business partners, and identify talented employees or contractors. Leave with the knowledge and skills you need to take advantage of LinkedIn's powerful tools for businesses of any shape or size. Participants are encouraged, but not required to bring their laptops so they can follow along. **Lindsey Day** is a career and strategic employment transition expert providing executive coaching services to alumni of Metropolitan State College of Denver.

\$56 Non-Member \$44 Member

**CFU LOWRY:** Near 1st & Quebec

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

3350AJ: One Wed., 6-8:30 PM 3/20

3350AK: One Wed., 6-8:30 PM 5/22

## NEW! Healthcare Reform

### What You and Your Business Need to Know

We've all heard lots of discussion about Obamacare—the new healthcare legislation impacting both individuals and businesses. But most of us really have no idea what it entails. Now that we know it's here to stay, you need to find out how the Affordable Care Act will personally impact you, your business, or your employer. Learn what you need to do to prepare yourself. Get the scoop about this 2,700+ page healthcare reform law from a pro and in easy-to-understand terms. **Willie Pinkston**, a health benefit advisor with Benefit River LLC, will help you gain the insight and power you need to navigate the core issues that matter to you.

\$44 Non-Member \$32 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

3622A: One Thu., 6:30-9:30 PM 2/7

3622B: One Thu., 6:30-9:30 PM 3/28

3622C: One Sat., 9 AM-noon 5/4

## 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. 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. She distills crucial information into laymen's terms and prepare you to keep your business and yourself protected from ugly surprises.

\$51 Non-Member \$39 Member

**CFU LOWRY:** Near 1st & Quebec

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

1954E: One Sat., 9-11:15 AM 2/23

1954F: One Sat., 1-3:15 PM 3/23



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# Business Strategies | Nonprofit Administration

## NEW! QuickBooks Independent Study

Let an experienced accounting pro help you with your specific QuickBooks questions. This two-hour session is a one-on-one session tailored to your specific needs—for beginners or advanced users alike. Call CFU to register and we'll connect you with Libby Smith of Accounting for Success to set up an appointment for a QuickBooks coaching session over the phone and "live" on your computer with your real QuickBooks files. Normally a \$240 value, Libby offers this independent study to CFU students at a serious bargain of \$149. Please call to register and be prepared to let Libby know the questions/topics you'd like to cover in your two hours. **Libby Smith** has been teaching QuickBooks for more than 20 years and knows just how to get small business owners up to speed on "boring number stuff" quickly and easily.

\$161 Non-Member \$149 Member

### ONLINE & PHONE CONSULTATION

3233ER: Independent Study

## Copyrights, Trademarks, & Trade Secrets

### Protect Your Brand Before It's Too Late!

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. This class may be the most important two hours you ever spend on your business. **Steve Replin** is an entertainment attorney focusing on film, fashion, music and literature. All of his clients have intellectual property to protect. Its actually the new "bricks and mortar" asset of this century. Learn how to keep what's yours, yours!

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

3618W: One Thu., 7-9 PM 2/7

3618X: One Tue., 7-9 PM 3/12

3618Y: One Sat., 1-3 PM 4/20

3618AA: One Wed., 7-9 PM 5/22



## Crowd Funding 101 Get Funding for Your Dream

Crowd funding is simply organizing a community of people to fund ideas, dreams, and projects. If you have a strong, timely idea or project, and the skills to market your idea and attract interested people, you should explore this newer way of raising funds. Find out about donation based crowd funding, micro-lending and the quickly growing investment/equity based crowd funding. Learn about popular online sites and what 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 campaign 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

1966D: One Thu., 6-9 PM 1/17

1966E: One Tue., 6-9 PM 2/26

1966F: One Wed., 6-9 PM 3/27

1966G: One Mon., 6-9 PM 4/29

## 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. He's also 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

3538L: One Tue., 6:30-8:30 PM 1/29

3538M: One Tue., 6:30-8:30 PM 2/12

3538N: One Tue., 6:30-8:30 PM 3/26

3538O: One Tue., 6:30-8:30 PM 5/7

## 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.

\$51 Non-Member \$39 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

1958E: One Thu., 9 AM-noon 2/28

1958F: One Sat., 1-4 PM 3/23

1958G: One Sat., 9 AM-noon 4/20

1958H: One Wed., 6-9 PM 5/22

## 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 nonprofit education programs and professional trainings, nonprofit 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. Become aware of where you can find job postings, look for volunteers, and join networks of nonprofit organizations. **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 and Colorado Media Matters.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

3270M: One Wed., 6:30-9 PM 2/27

3270N: One Tue., 6:30-9 PM 3/26

3270O: One Mon., 6:30-9 PM 4/22

3270OP: One Thu., 6:30-9 PM 5/16

# Nonprofit Administration

## How to Create a Business Plan That Works

Are you starting an organization, or hoping to expand or improve a current one? 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  
3272AC: One Sun., 12:30-3 PM 2/10



## Become a Grant Writer

Writing winning grants is a highly sought after skill. 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  
3271AC: One Mon., 9 AM-4 PM 2/11

## 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  
7106G: One Mon., 6-8:30 PM 2/11

## Certificate in Nonprofit Leadership and Administration

This certificate establishes a foundation for those wanting to work in the nonprofit sector. You will learn about starting a nonprofit, strategic planning, finances, grant writing, and resources. To earn the certificate, students must complete nine classes: six core classes and three electives. To find more details more about this certificate and the classes that are included, look in the Nonprofit section of the CFU Website.

## 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. The Independent Sector values each volunteer hour given at more than \$20 an hour. If you are you asking "What can I do to use volunteers more effectively?" And, "what can I do to make the experience for my volunteers stand out?" then this session is for you. 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. As a staff person, consultant, trainer and volunteer herself, **Lynn O'Connell** is executive director of Computer C.O.R.E. which offers intensive training in basic computer skills to low-income adults. Lynn oversees a staff of seven and more than 185 volunteers and is past president of Volunteer Alexandria.

\$51 Non-Member \$39 Member  
**CFU LOWRY:** Near 1st & Quebec  
7104G: One Tue., 9-11:30 AM 2/12

## 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** has more than 20 years of experience in the nonprofit sector and has served in diverse roles including those of nonprofit staff, consultant, trainer, and board trustee. Lynn holds a Certificate in Nonprofit Management from Duke University and an Master's in Philanthropy from Indiana University.

\$51 Non-Member \$39 Member  
**CFU LOWRY:** Near 1st & Quebec  
7105G: One Sun., 3:30-6 PM 2/10

## NEW! Fundraising & Event Planning for Non-Event Planners

A nonprofit fundraising event can truly be fun to plan and organize, particularly when it pays off in real dividends to your organization. This workshop will give you an overview of do's and don'ts for creating and running your successful event. Discuss the types of events and how to determine what type will work best for your market. Class is a combination of presentation and workshop; class will include a group activity in which students work together to plan their own event and receive help and discussion on their from the instructor and class. **Lynette Adams**, owner of Perfect Presence Event Planning and Consulting, is the Community Outreach Coordinator for the Women's Crisis & Family Outreach Center where she cultivates donors and sponsors and handles third party event planning. She has over a decade of experience in event planning and fundraising.

\$61 Non-Member \$49 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3281M: One Sat., 1-5 PM 2/2  
3281N: One Sat., 1-5 PM 3/9  
3281O: One Sat., 1-5 PM 4/13

## 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 appropriately.

\$56 Non-Member \$44 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1955C: One Mon., 6:30-9:30 PM 1/14  
1955D: One Thu., 6:30-9:30 PM 2/21  
1955E: One Tue., 6:30-9:30 PM 3/19  
1955F: One Thu., 6:30-9:30 PM 5/2



# Real Estate

**Free Classes! Free Classes! Free Classes! Free Classes!**

## 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  
6809CS: One Tue., 6:30-9:30 PM 1/22  
6809CT: One Wed., 6:30-9:30 PM 2/27  
6809CU: One Wed., 6:30-9:30 PM 3/27  
6809CV: One Wed., 6:30-9:30 PM 4/24

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

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. Leave knowing 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? Can I still get a loan if I had a bankruptcy or a foreclosure? 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? **Chris Thomas** is licensed by Colorado as a mortgage loan originator. He 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. Chris is approved by Colorado to offer continuing education credits to real estate agents.

FREE! Non-Member FREE! Member

**CFU LOWRY:** Near 1st & Quebec  
3503BP: One Wed., 6:30-9:30 PM 1/23  
3503BQ: One Tue., 6:30-9:30 PM 2/26  
3503BR: One Tue., 6:30-9:30 PM 3/26  
3503BS: One Tue., 6:30-9:30 PM 4/23

## Buying & Fixing an Older Home

### Your Guide to Smart Shopping & Financing

Sure you can buy a new property in Stapleton or Lowry, but there are many fabulous previously owned homes on the market in Denver. Typically, an older home can need some repairs. Come learn how to evaluate an older property to make sure it is right for you. We'll talk about how to spot hidden, serious home defects, how to hire professional for repair, and when to decide to do the repairs yourself. We also talk about buying a foreclosure, the possibilities of short sales, tax liens, 203Ks, and good programs for first-time home-buyers. **Dan Braun** is a licensed architect and realtor with over 30 years' experience. As an architect, he can evaluate a house in terms of character, appeal and adaptability to modern living.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CENTRAL DENVER:** Mexico & Colorado  
6802GB: One Sat., 9:30 AM-12:30 PM 1/12  
6802GC: One Sat., 9:30 AM-12:30 PM 3/2  
6802GD: One Sat., 9:30 AM-12:30 PM 4/13  
6802GE: One Sat., 9:30 AM-12:30 PM 5/11

The Mortgage Experts at



Check out our two **FREE** CFU classes:

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

How to Not Get Ripped-Off When Buying a House

**Chris and Debbie Thomas – The Mortgage Experts at America's Mortgage, LLC**

**303-345-3683 or 303-451-0977**

**[www.mtgssupportservices.com](http://www.mtgssupportservices.com)**

CO Lic #s: 100014420 and 100021689 | NMLS #s: 241555 and 252299  
Regulated by the Division of Real Estate

Here's why people use **The Mortgage Experts** as their mortgage lender:

- We meet you personally at application and personally attend our closings – we're with you from start to finish
- We offer purchase mortgages and all types of refinances
- Primary residences, 2<sup>nd</sup> homes, and rental property mortgages
- Fast and easy qualification and underwriting
- Conventional, FHA, VA, and CHFA loans
- We are first-time homebuyer experts
- Low down payment programs
- Never an application fee
- Free credit advice if scores are too low

## Free Classes! Free Classes!

### The Smart Consumer's Guide to Buying a Condo

Thinking of buying a condo, loft, or townhome but aren't sure you're suited for the "condo lifestyle"? This class gives you practical advice about how to properly evaluate a condo and its homeowner's association before you buy. Discover the seven "red flag" questions that must be answered before making a purchase decision and get important financing tips. Hear about considerations for buying a condo conversion vs. a brand new property. Join Colorado attorney and realtor **Norm Replin** for this practical seminar and decide if condo living is right for you! Class is free but you must register to attend.

FREE! Non-Member      FREE! Member

**CFU LOWRY:** Near 1st & Quebec

6806DN: One Sat., 1:30-3 PM 1/26

6806DO: One Sat., 1-2:30 PM 2/23

6806DP: One Wed., 6-7:30 PM 3/13

6806DQ: One Sat., 1-2:30 PM 4/20

6806DR: One Wed., 6-7:30 PM 5/8

### Selling Your Home?

#### Take This Class First!

The real estate market has changed 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. Discover what money saving home sale options are available to you. 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

6821L: One Sat., 1:30-3 PM 1/19

6821M: One Wed., 6-7:30 PM 2/20

6821N: One Sat., 1-2:30 PM 3/16

6821O: One Wed., 6-7:30 PM 4/17

6821P: One Sat., 1-2:30 PM 5/11

### Basics of Managing Rental Property

This course is a must for those first time landlords or a great refresher of the basics for others. In this course you will 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 that can help 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 the University of Denver, College of Law and the University of Colorado, Boulder and is a former President of the Independent Rental Owners Counsel (IROC) and Executive Board Member of the Apartment Association of Metro Denver. Brad has been a real estate investor in rental properties in the Denver Metro area for more than 30 years and has been extensively published with thousands of students attending his classes over the last 20 plus years.

\$71 Non-Member      \$59 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6865D: One Sat., 8:30 AM-12:30 PM 2/16

6865E: One Sat., 8:30 AM-12:30 PM 5/11

### Managing Rental Property 101

If you have a strong knowledge of the basics, this course can help you avoid headaches, hassles, and lawsuits by learning how to 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.** It is recommended that you take the Basics of Managing Rental Property prior to this class.

\$71 Non-Member      \$59 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6866G: One Sat., 8:30 AM-12:30 PM 3/16



### Brad Coldiron

**"Knows his stuff – I'm confident I'm getting the correct information. I would recommend this class & him & his expertise." – anonymous**

### Managing Rental Property 202

Now that you have begun to manage your rental property professionally, this class is designed to enhance your skills in advertising, marketing, and improved resident retention rates. 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. The information in this course will position you to maximize your return on investment.

**Brad Coldiron** is a graduate of the University of Denver, College of Law and the University of Colorado, Boulder and is a former President of the Independent Rental Owners Counsel (IROC). It is strongly recommended that you have taken both the Basics of Managing Rental Property and Managing Rental Property 101 prior to this class.

\$71 Non-Member      \$59 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6867G: One Sat., 8:30 AM-12:30 PM 4/27

### 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

6841EC: One Sat., 1-5 PM 2/9

6841ED: One Sat., 1-5 PM 3/9

6841EE: One Sat., 1-5 PM 4/13

# Money Management

## Keys to Financial Independence

Now you can learn the seven factors of building wealth used by American self-made millionaires. See how your net worth and income compare to the averages. 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 NOT a stockbroker and has never worked in the securities industry. But he 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*. Students who took this class said, "Every young person starting their career should take this class." Those well into their careers can benefit as well.

\$46 Non-Member      \$34 Member

**CFU LOWRY:** Near 1st & Quebec

3120AF: One Sat., 9 AM-noon 1/26

3120AG: One Sat., 9 AM-noon 3/2

3120AH: One Sat., 9 AM-noon 5/18

## Investing Essentials

### Manage Your Own Stock Portfolio

To prosper in the stock market, the novice investor must know how to use common sense 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 NOT a stockbroker and has never worked in the securities industry. But he is a long-time successful investor who used the methods taught in this class to beat Warren Buffett by 39% during one 9-month period.

\$46 Non-Member      \$34 Member

\$2 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6602W: One Sat., 9 AM-noon 1/12

6602X: One Sat., 9 AM-noon 3/16

6602Y: One Sat., 9 AM-noon 5/4

## Dale Wolberg

**"explained the concepts very well and added his experience to reinforce the concepts." – anonymous**

## 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/singles \$84/couples Non-Member

\$60/singles \$80 couples Member

\$25 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1942C: Three Tue., 6-9 PM Begins 2/5

## 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, CDFA, is the owner of Spencer Capital Strategies, Inc, and has been helping people with their financial decisions since the mid 1990s. Ms. Spencer is also a certified divorce financial analyst. An optional free personal phone consultation is included.

\$41 Non-Member      \$29 Member

\$2 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6624CO: One Mon., 6:30-9:30 PM 2/4

6624CP: One Mon., 6:30-9:30 PM 4/8

## The \$50 Wealth-BUILDER

For as little as \$50 you can start building your own financial empire as a small investor. Come find out how to buy blue-chip stocks for as little as \$25 a month and pay no commission. Explore options in real estate investment for as little as \$100. Learn how to receive eighteen percent or more from real estate-secured tax lien certificates. Consider the advantages of investing in gold and silver. Find out how to start a high-powered financial portfolio for \$100. **Paul Mladjenovic**.

\$71 Non-Member      \$59 Member  
\$10 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6654R: One Sun., 3-5:30 PM 3/3

## 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** currently conducts 150 seminars and workshops throughout the country. He is a certified financial planner practitioner and business consultant. Paul's publications include the books *Zero Cost Marketing* and *How to Achieve Credit Card Merchant Status*. He is often quoted in business and financial publications such as the New York Times and the Boston Globe and has appeared on many TV programs including CNBC-TV.

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

**CFU LOWRY:** Near 1st & Quebec

6655AO: One Fri., 6:30-9 PM 3/1





## Options!

### How to Profit in Up, Down, or Side-ways 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 an MA in Economics, has studied statistics and derivative securities, and holds a copyright on one of the early option valuation models for spreadsheets. For the past seven years, he has taught economics and statistics at the college level.

\$61 Non-Member \$49 Member

\$3 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

3121AF: One Sat., 9 AM-noon 2/9

3121AG: One Sat., 9 AM-noon 3/30

3121AH: One Sat., 9 AM-noon 5/4

## Introduction to Day Trading

Anyone that is looking to supplement or replace current income might consider 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 and teaches and consults with physicians around the country.

\$152 Non-Member \$140 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6620AT: Two Wed., 6-9 PM Begins 1/9

6620AU: Two Thu., 6-9 PM Begins 3/21

6620AV: Two Thu., 6-9 PM Begins 5/23

## 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 7:30AM 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

1947D: One Thu., 6-9 PM 1/10

1947E: One Sat., 9 AM-noon 2/9

1947F: One Thu., 6-9 PM 3/7

1947G: One Sat., 9 AM-noon 4/6

## 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

6603 AM: One Tue., 6:30-8:30 PM 1/15

6603AN: One Tue., 6:30-8:30 PM 3/5

6603AO: One Tue., 6:30-8:30 PM 4/2

6603AP: One Tue., 6:30-8:30 PM 5/7

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

End of life planning is a hard thing to face, and it's made even more difficult by confusion and misunderstanding about legal issues. Do you need a will or a trust? What is the difference? What about a power of attorney; can't you just download one from the Internet? Do you need a living will? Must you have a will in order to appoint a guardian for your children? 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, what your options are and who can help you put an appropriate plan into place. Receive practical advice in plain English. **Erica Johnson** received a JD from the University of Denver and 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

6625BI: One Tue., 6:30-8 PM 1/15

6625BJ: One Tue., 6:30-8 PM 4/16

## Take Financial Control of Your Divorce

When contemplating divorce you can't help wonder how your future will look. Your financial situation and particular family needs drive the choices you can make. Learn what settlement options might be



appropriate in different circumstances, the financial traps and pitfalls of the process, and the different ways to approach divorce. This class gives 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, and a professional Family Law Mediator. Owner of Spencer Capital Strategies, she has been helping people with their financial decisions since the mid-1990s. Ms. Spencer is not an attorney and will not be offering legal advice, but will provide divorce-related financial information.

\$46 Non-Member \$34 Member

\$2 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6677AC: One Mon., 6:30-8:30 PM 1/28

6677AD: One Mon., 6:30-8:30 PM 3/4

# Special Events

## 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

6616H: One Sat., 1-5 PM 1/5

6616I: One Sat., 1-5 PM 3/30

## Immigration 101 It's Time to Pay Attention

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

8627Q: One Tue., 6:30-9 PM 1/15

8627R: One Thu., 6:30-9 PM 3/28

## Tasha Eurich

is "an amazing presenter.  
The material is arranged logically  
and is well written/spoken."  
– anonymous



## NEW! The Art of Hearts Ways to Woo & Wow

This special, interactive party and presentation will leave you armed and ready for your next romantic opportunity, even if it's with your own spouse. Discover:

- Why eye contact works so well (it really is chemistry).
- Why not to trust the silly old saw about opposites attracting.
- Why a purely "spiritual" approach to romance won't win the day, or much else.
- How the most erotic spot in anyone's body is their brain and what to do about it.
- Ego massage, the essence of seduction.

We'll play some games to show how easy—and fun—it is to make others feel important, honored, and beloved. Singles, couples and any other categories welcome. **Gary Michael** has taught public speaking, intimacy, and "How to Make a Fabulous First Impression" courses for many years at CFU. His tell-it-like it is approach has helped many people forge better, longer, and deeper connections personally and romantically.

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

**CENTRAL DENVER:** 10th & Milwaukee  
3240V: One Sat., 10 AM-noon 2/9

## 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. 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

2536AF9: One Sat., 9 AM-1 PM 2/2

## 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

2537AF9: One Fri., 6:30-8:30 PM 2/1

## Mid-Life Dating for Savvy Singles

Negotiating the dating world can be intimidating and demoralizing. Don't go out into the jungle alone. Join other awesome singles 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 partner 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 yourself just the way you are; and get the joy back in dating! 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

1951C9: One Sat., 9 AM-4 PM 1/26

1951D: One Sat., 9 AM-4 PM 2/23

1951E: One Sat., 9 AM-4 PM 5/4

## 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 has experienced the dating world first hand. She is 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

1972E: One Tue., 6-9 PM 1/8

1972F: One Tue., 6-9 PM 2/5

1972G: One Mon., 6-9 PM 3/4

1972H: One Fri., 1-4 PM 4/5

1972I: One Tue., 6-9 PM 5/7

## Fantastic First Impressions How to Wow Everyone You Meet

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*. 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

4529DS: One Sat., 9 AM-noon 1/12

4529DT: One Sat., 9 AM-noon 3/16

4529DU: One Sat., 9 AM-noon 5/11

### Gary Michael

gives "A terrific class. A terrific teacher...my speech skills just took a great leap forward." - C.R.

## 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. Gary has spoken about leadership to service organizations, corporate assemblies, and more. 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

3241DW: One Sat., 9:30 AM-noon 1/19

3241DX: One Sat., 9:30 AM-noon 5/18

## 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

1192AK: One Tue., 6-8:30 PM 1/15

1192AL: One Tue., 6-8:30 PM 2/26

1192 AM: One Wed., 6-8:30 PM 4/10



## 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. Gain confidence, effectiveness, and a new way of embracing your feminine power.

**Joan Janis** is an award-winning speaker with over 20 years of experience in training and sales presentations, both for private industry and nonprofit groups.

\$51 Non-Member \$39 Member

**CFU LOWRY:** Near 1st & Quebec

3239L: One Mon., 6-8:30 PM 1/7

3239M: One Sat., 10 AM-12:30 PM 2/9

3239N: One Wed., 6-8:30 PM 3/27

3239O: One Fri., 6-8:30 PM 4/26



## NEW! Facebook for Beginners

Think you might be ready to join your friends or kids and jump onboard with Facebook? This two-part workshop will take you through the process of setting up an account, creating a profile, and getting started interacting with friends. Identify what your goals are with Facebook so you can choose the settings that will work for you. Learn all about how to add contacts (invite friends), "like" pages, and comment on your friends' posts. See how to post and tag pictures and play games like Words with Friends using popular Facebook apps. Bring your laptop or work on a desktop in the classroom. **Sandy Lardinois** is a former school teacher with a Master's degree as a Library Media Specialist from UCD. She owns Computer-eze, a small business that helps clients master their specific technology needs such as Microsoft software, email, smart phones, graphic design, and more. Please call to register and let us know if you'll need one of our desktop workstations.



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\$61 Non-Member      \$49 Member  
**CFU LOWRY:** Near 1st & Quebec  
1911F: Two Thu., 6 PM-8 AM Begins 1/31  
1911G: Two Tue., 6 PM-8 AM Begins 3/5  
1911H: Two Fri., 10 AM-noon Begins 4/12

## NEW! Communicating with Clarity

The key to effective personal and professional relationships is clear communication. Typical communication is often automatic. It is easy for our interactions to veer off course: someone says something that hits us wrong, we react, and soon everyone feels defensive or misunderstood. In this class explore the challenges of communication and find out why it is that we communicate so automatically. Learn a powerful system that helps you become aware of how you get triggered and allows you to be more in control of the way you communicate. **David Suson** is a speaker, trainer, consultant and coach in the areas of sales, leadership, communication and personal performance. His approach to communication, based on well-established principles of human interaction, is easy to master and certain to improve your relationships.

\$46 Non-Member      \$34 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1995A: One Sat., 9:30-11:30 AM 2/23  
1995C: One Sat., 9:30-11:30 AM 4/20

## 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 Master's in Professional Studies in Organizational and Professional Communication with an emphasis in Alternative Dispute Resolution.

\$76 Non-Member      \$64 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
4647G: One Sun., 1-6 PM 1/6  
4647H: One Sun., 1:30-6:30 PM 3/3  
4647I: Two Wed., 6:30-9 PM Begins 4/17

## Val Williams

**"is wonderful. Open, articulate, and well-read. I found her style to be incredibly encouraging." – S.**

## 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  
3163CK: One Sat., 9 AM-noon 2/2  
3163CL: One Sat., 9 AM-noon 4/6

## 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. **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.

\$46 Non-Member      \$34 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
8960V: One Thu., 6:30-8:30 PM 1/17  
8960W: One Wed., 6:30-8:30 PM 2/20  
8960X: One Tue., 6:30-8:30 PM 3/19

## The Beethoven Model Creativity Workshop

How do you sustain a creative life while living in the perfect storm of 21st century demands and unpredictability? How can you envision the future and plan ahead? 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 (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  
1970B: One Sat., 9 AM-noon 1/12  
1970C: One Sat., 9 AM-noon 3/9

## 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*.

\$46 Non-Member      \$34 Member  
\$16 optional materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1933F: One Mon., 6:30-9 PM 1/14  
1933G: One Tue., 6:30-9 PM 2/12  
1933H: One Wed., 6:30-9 PM 3/27  
1933I: One Mon., 6:30-9 PM 4/22

## 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  
1950B: One Sat., 9 AM-5 PM 1/19  
1950C: One Sat., 9 AM-5 PM 3/9  
1950D: One Sat., 9 AM-5 PM 5/11

## 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 thirty years. He is a co-founder of Rocky Mountain Compassionate Communication.

\$51 Non-Member      \$39 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
4524W: One Sat., 1-4 PM 2/2  
4524X: One Mon., 6:30-9:30 PM 3/11  
4524Y: One Sat., 1-4 PM 5/4

## 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." You don't have to be ADD to benefit from this class. **Tracy Weegmann** is a certified AD/HD coach and a graduate of ADDCA Coach Academy, specializing in AD/HD psycho-neurological education. She coaches medical professionals and ADHD clients how to thrive while living with ADHD or neuro-difficulties.

\$47 Non-Member      \$35 Member  
\$10 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3250CD: One Sat., 8:30 AM-12:30 PM 1/26  
3250CE: One Sat., 8:30 AM-12:30 PM 3/23  
3250CF: One Sat., 8:30 AM-12:30 PM 4/27  
3250CG: One Sat., 8:30 AM-12:30 PM 5/18

## 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. They have special needs for sanctuary, soothing, and solitude, adequate sleep, and regeneration. It is important that the HPI gain specific practices for self-care and self-management. This session is drawn from the work of Elaine Aron, Ph.D., author of *The Highly Sensitive Person*, *The Highly Sensitive Child*, and *The Undervalued Self*. **Dr. Paul Radde**, practicing psychologist, has worked with thousands of HPIs in his psychology practice and in continuing education courses throughout the country.

\$51 Non-Member      \$39 Member  
**CFU LOWRY:** Near 1st & Quebec  
8824AS: One Wed., 6:15-8:45 PM 1/16  
8824AT: One Tue., 6:15-8:45 PM 3/5

## 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, 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  
5549GC: One Thu., 6-10 PM 1/10  
5549GD: One Thu., 6-10 PM 3/7  
5549GE: One Thu., 6-10 PM 5/2

## 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 deceptively 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. Join professional speaker and award-winning author **Janice Hoffman** and other classmates in learning how to apply these agreements to your daily life. Practicing is easier knowing you are part of a group and have support.

\$46 Non-Member      \$34 Member  
**CFU LOWRY:** Near 1st & Quebec  
4215AB: One Sun., 1:30-4 PM 2/3  
4215AC: One Tue., 6:30-9 PM 4/23

## NEW! Journal to the Self® An Experiential Writing Workshop

Discover the writer within you! The Journal to the Self® method is a internationally recognized, easy, effective, and empowering model of journal keeping developed right here in Colorado by Kathleen Adams, LPC, PTR, at the Center for Journal Therapy. Use this hands-on journal-writing workshop for personal growth, creative expression, and life enhancement. In class, experience and practice 18 different journal techniques and have an opportunity to share passages with your classmates if you wish. Learning these techniques adds color, perspective, and dimension to your reflective writing. With the help of these journal tools, you can gently but powerfully explore the various aspects of yourself, your life, and your relationships with others. **Amanda Reavey** is a certified Journal to the Self® instructor from the Center for Journal Therapy and an MFA Writing & Poetics candidate at Naropa University.

\$146 Non-Member \$134 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1994A: Four Sun., 1-4 PM Begins 2/3

1994B: Four Sun., 1-4 PM Begins 3/17; Skips 3/31

1994C: Four Sun., 1-4 PM Begins 4/28;

Skips 5/12 & 5/26

## The Law of Attraction Creating a Life You Love

Have you heard about *The Secret* and the Law of Attraction? 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** demonstrates that we all have the capacity to be conscious creators of the lives we desire instead of living by default. Evon is the author of *The Power of Manifestation: Creating a Life You Love* and *The Manifestation Workbook*.

\$47 Non-Member \$35 Member

\$20 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

3234BA: One Sun., 9 AM-noon 1/27

3234BB: One Sun., 1-4 PM 3/10

3234BC: One Wed., 6:30-9:30 PM 4/10

3234BD: One Wed., 6:30-9:30 PM 5/8

## NEW! Vivid Living Cultivate Courage for Life

Courage is essential for a full life. It enables us to keep showing up and push beyond our limitations, even in the face of loss, disappointment, and change. People sometimes see courage as a finite quantity—either you have it or you don't; or they believe that feeling fear implies lack of courage. The truth is courage can be developed and being brave doesn't mean that you don't feel vulnerable. This class explores what courage is and how you can recognize and cultivate your own unique brand of courage. Through lecture, discussion, and journaling exercises, discover how to grow your courage so you can face the challenges of life with greater presence, strength, and optimism. **Nancy Sharp** is an author, Huffington Post blogger, speechwriter and keynote speaker who draws from her own transformative story of courage and renewal to inspire others. Nancy has been published in numerous national media and writes speeches for Fortune 500 CEOs, nonprofit leaders and celebrities.

\$66 Non-Member \$54 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1884A: Two Wed., 6-8:30 PM Begins 2/6

1884B: Two Thu., 6-8:30 PM Begins 4/4

## Explore the Teachings of Eckhart Tolle

Eckhart 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 unlocking 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

1961C: One Sun., 9:30 AM-3:30 PM 2/17

1961D: One Sun., 9:30 AM-3:30 PM 4/7

## NEW! A Course in Miracles A Path to Inner Peace and Harmony

This world-renowned mind training program creates a laser path to inner peace through the process of forgiveness. Gain the tools to break free from the illusionary limits of the human mind that bind you to the hardships of life. Discover simple daily lessons that give you tools to return to inner guidance and purpose. Learn how to find lasting forgiveness for others, the world, and yourself and watch fear, anger, stress, anxiety, sadness, and negative thoughts dissolve. Experience the feeling of freedom as you learn tools that free you from the burden of trying to solve your own problems and relax once and for all while the hectic, busy world moves around you but not through you. Join certified life coach **Cheryl Bartlett** for this profound inner journey.

\$91 Non-Member \$79 Member

\$6 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

5106C: Four Tue., 6:30-8 PM Begins 2/19

5106D: Four Tue., 6:30-8 PM Begins 5/7

## Loving What Is An Introduction to the Work of Byron Katie

Negative thoughts 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. It's just four questions and a turnaround, which is a way of experiencing the opposite of what you believe. It's so simple anyone with an open mind can do it. 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** 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 and is excited to share this valuable program with the CFU community. It would be very helpful to read *Loving What Is* by Byron Katie prior to the class, but it is not required.

\$76 Non-Member \$64 Member

\$1 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

2988AH: One Sat., 10 AM-4 PM 1/26

2988AI: One Sat., 10 AM-4 PM 3/23



## 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. Part of us flees the pain, and even after we have moved beyond the shock and healed much of the troubling experience, we feel somehow lessened. 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

5332o9: One Sat., 1:30-4:30 PM 1/5

5332P: One Sat., 1:30-4:30 PM 3/2

5332Q: One Sat., 1:30-4:30 PM 5/4

## Shamanism for Our Times Ancient Techniques for Modern Change & Renewal

The Inka Empire enjoyed advanced technologies not only to manage natural resources, but to use energy and consciousness to live powerfully in times of change. Experience the power of these tools to transform and expand yourself and others during these times of enormous change. Connect with unlimited resources to create the life that calls you. This two-day teaching includes creating sacred space, raising vibration, and hands-on healing. Leave with tools to manage the effects of energy and vibration in your everyday life; the ability to perceive personal events in a broader perspective; and an appreciation for your ability to create positive shifts in your life. **Barbara Snow** is an initiated Kamasqa Curandera, having studied since 1999 with Oscar Miro-Quesada, Pamela Miliiken, Nina Murphy, and Magdala Ramirez. Since 2003 she has taught classes in and around San Francisco and Denver Metro.

\$201 Non-Member \$189 Member

\$20 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

5334K: One Sat. & One Sun., 10 AM-4 PM Begins 2/2

5334L: One Sat. & One Sun., 10 AM-4 PM Begins 4/13

## Jody Stevenson

was "excellent! I had no idea what to expect but learned so much." – V.S.

## 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

1943D: One Tue., 6:30-9 PM 1/8

1943E: One Mon., 6:30-9 PM 2/18

1943F: One Wed., 6:30-9 PM 3/13

1943G: One Thu., 6:30-9 PM 4/18

1943H: One Mon., 6:30-9 PM 5/20

## Buddhism for Everyday Life

While Buddhism is classified as a religion, many recognize that the time-honored 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 Buddha's life was all about compassion and looking at ways to decrease suffering in our selves and in the world. 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. She is a psychotherapist who integrates these teachings and practices into her work with clients and into all aspects of her life.

\$81 Non-Member \$69 Member

\$1 materials fee payable in class

**SOUTH DENVER:** Evans & S. Pearl

5304AF: Three Mon., 6-8 PM Begins 1/14

5304AG: Three Mon., 6-8 PM Begins 4/8

## NEW! All About Numerology 1 3 8 4 7 9 2 5 6

Know the ancient meanings of your name! Discovered by Pythagoras, the grandfather of mathematics and colleague of Socrates, Numerology is succinct, powerful, and fun. During this two-hour session, work through one aspect of numerology that can tell you what you have accomplished in past lives, whether or not you have created karmic debts and/or karmic learning's and, perhaps most importantly, what you are here to accomplish this life time. This course is not only educational; it is great fun and really revealing! **Jody Stevenson** has been using the wisdom of numerology in both her counseling and speaking for over 25 years. She has studied Buddhism, Hinduism, Original Christianity, and Taoism. This is a really fun class, lively class, so bring your friends and your "ah ha's!"

\$41 Non-Member \$29 Member

**CFU LOWRY:** Near 1st & Quebec

1982A: One Mon., 6:30-8:30 PM 2/4

1982B: One Mon., 6:30-8:30 PM 3/18

1982C: One Tue., 6:30-8:30 PM 4/16

1982D: One Wed., 6:30-8:30 PM 5/15

## 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 take, so that you can begin to transform your professional life, and do the 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 and uses her intuitive gifts to help her private clients realize their life's work.

\$51 Non-Member \$39 Member

\$2 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1945C9: One Sat., 1-3 PM 1/12

1945D: One Thu., 6:30-8:30 PM 2/21

1945E: One Sat., 1-3 PM 4/6

1945F: One Tue., 6:30-8:30 PM 5/14

# Metaphysics | Mind/Body Wellness

## 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. Work with a celebrity natal chart and your own natal chart to illustrate and practice the lessons in each class. 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. This class gives you an excellent foundation in astrology and provides a jumping off point for more in-depth study. Please contact CFU to provide the instructor with the date, location and exact time of birth prior to class.

**Marguerite Hafeman** has been working with astrology for over 30 years. She 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

5343BQ: Six Wed., 6:30-9 PM Begins 1/16

5343BR: Six Wed., 6:30-9 PM Begins 3/13

5343BS: Six Wed., 6:30-9 PM Begins 5/8

## Yoga of the Mind

### A Centering and Grounding Meditation Practice

Discover an active meditation 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.

\$51 Non-Member      \$39 Member

\$10 optional materials fee payable in class

**SOUTH DENVER:** 1st Ave & Broadway

2482AL: Two Thu., 6:30-8:30 PM Begins 1/3

2482AN: Two Sun., 2-4 PM Begins 2/17

2482AO: Two Wed., 6:30-8:30 PM Begins 3/13

2482AP: Two Thu., 10 AM-noon Begins 4/4

2482AQ: Two Sun., 2-4 PM Begins 4/21

## NEW! Mindfulness 101 Skills for Living in Awareness

Mindfulness is the art of being fully present for ourselves and for others so that we can fully embrace our lives. Through its practice we become less driven and more centered. Drawing on the wisdom of an ancient tradition, its helpful effects have been validated by modern neuroscience. Mindfulness gives tools to reduce stress, manage emotions, increase focus, and improve overall health. The ultimate benefit is that you move through suffering to joy and touch life more deeply and authentically. With an emphasis on experiential exercises, discussion, and home practice, students will learn mindfulness practices and be able to apply these to their daily lives. **Matt Sherman** is a long time student of Zen Master Thich Nhat Hanh and an ordained member of the order of Interbeing. He has facilitated mindfulness groups for 13 years and is currently practicing mindfulness in his workplace as the owner of a residential cleaning service in Denver.

\$96 Non-Member      \$84 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

2497AY: Four Mon., 6-8 PM Begins 2/11

**SOUTH DENVER:** Evans & S. Pearl

2497BA: Four Mon., 6-8 PM Begins 5/13: Skips 5/27

## Beginning Meditation for Everyone

As our lives become busier, faster and more tension-filled, many people are turning to meditation for relief.

But where do you begin?

There are as many styles of meditation as

there are philosophies and teachers. This course will help dispel the confusion (and intimidation) by teaching you the basics in a comfortable, relaxed environment. Each class will consist of discussions, exercises, and lots of Q&A. You'll 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. Comfortable clothing recommended. 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

5309L: Four Wed., 7:30-9 PM Begins 1/9

5309M: Four Wed., 7:30-9 PM Begins 2/6

5309N: Four Wed., 7:30-9 PM Begins 3/6

5309O: Four Wed., 7:30-9 PM Begins 4/3



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## 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.

\$46 Non-Member      \$34 Member

\$1 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1949D: One Sat., 10 AM-noon 1/12

1949E: One Sat., 10 AM-noon 2/2

1949F: One Sat., 10 AM-noon 3/2

## Hypnosis for Stress

### Reach Your Peak Performance

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. Learn how to make behavioral changes to cope and leave class feeling amazingly good and energized.

\$46 Non-Member      \$34 Member

**WESTMINSTER:** 79th & Sheridan

2522V: One Fri., 7-9 PM 1/25

2522W: One Wed., 7-9 PM 3/13

2522X: One Fri., 7-9 PM 4/12

2522Y: One Wed., 7-9 PM 5/29

## The Art of Self-Hypnosis

Discover the unlimited potential of your own mind and learn the simple yet powerful techniques of self-hypnosis. 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. Experience first-hand the power of affirmation and positive suggestion as you learn to use the power of your mind to change your life. **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

2523CF: Two Tue., 7-9:30 PM Begins 1/29

**WESTMINSTER:** 79th & Sheridan

2523CG: Two Wed., 7-9:30 PM Begins 4/3

## Introduction to Certified Hypnotherapist Training

Have you ever considered becoming a hypnotherapist? Take this introductory course and learn 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 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. **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

2524G: One Sat. & One Sun., 9 AM-7 PM, 2/16 & 2/17

2524H: One Sat. & One Sun., 9 AM-7 PM, 4/27 & 4/28

## Don't Weight Any Longer!

### Hypnotherapy for Weight Loss

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

2555CE: Three Wed., 7-9 PM Begins 1/16

2555CG: Three Wed., 7-9 PM Begins 5/8

**CFU LOWRY:** Near 1st & Quebec

2555CF: Three Tue., 7-9 PM Begins 3/5

## 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

2534DA: One Sun., 1-5 PM 1/27

2534DB: One Sat., 1-5 PM 2/9

2534DC: One Sun., 1-5 PM 2/17

2534DD: One Sat., 1-5 PM 3/9

2534DE: One Sun., 1-5 PM 5/5

## NEW! Naturopathic Super Medicine

### Daily Habits for Optimal Wellness

Naturopathic medicine is super medicine; it helps restore optimal functioning in the body rather than simply addressing symptoms. Join this incredibly informative class and learn simple daily habits that you can begin incorporating into your lifestyle that can begin to nourish your major organ systems and lay the foundation for optimal health and encourage deeper healing. These habits, or Basic Treatment Guidelines, are foundational for naturopathic practitioners. Topics include: breathing, water intake, food and digestion practices, sleep hygiene, movement, castor oil packs, hydrotherapy, and much more. **Dr. Erika Enos**, N.D. is a graduate of the National College of Natural Medicine in Portland, Oregon, the oldest accredited naturopathic college in the US. She had a private practice in Denver.

\$41 Non-Member \$29 Member  
\$2 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1885A: Two Wed., 6-8:30 PM Begins 1/30  
1885B: Two Tue., 6-8:30 PM Begins 3/12  
1885C: Two Tue., 6-8:30 PM Begins 4/16



## Reiki

### Awaken Your Healing Power & 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

5210EX: Two Sat., 9 AM-1 PM Begins 1/5

5210EY: Two Sat., 9 AM-1 PM Begins 3/2

## NEW! Authentically Thin

Diets don't work and calories don't matter. Lasting weight loss is not about cutting calories; it's about restoring your health. Seven distinct health issues contribute to people holding on to unwanted fat. When you identify your particular issues, you can begin to heal the underlying cause of excess weight and release it, without starving, cravings, or mood swings. This class is not a pitch for a weight loss product, but a straightforward educational program. Start with a self-assessment tool to identify your issue(s). Then, learn how to trigger healthy weight loss, avoid hidden saboteurs that are keeping you fat, and eat to support your weight loss goals. You'll also learn why "Boot Camp" exercising undermines your weight loss efforts and how to exercise correctly. **Kristen Holmberg** is a holistic health practitioner who has extensively researched weight loss and created a unique approach to achieving healthy weight.

\$46 Non-Member \$34 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1883A: One Thu., 6:30-9 PM 1/24

1883B: One Sat., 1-3:30 PM 2/16

1883C: One Sat., 9:30 AM-noon 4/6

1883D: One Thu., 6:30-9 PM 5/16

## 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. Brett will share "industry secrets", helping you cut through the marketing hype and get to the truth.

\$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

2591I: One Thu., 6-8:30 PM 1/10

2591J: One Sat., 9:30 AM-noon 2/9

2591K: One Wed., 6-8:30 PM 3/20

2591L: One Sat., 9:30 AM-noon 4/20



# Health & Fitness

## Aches, Pains & Strains Hands-On Consultation with a Certified Rolfer™

In this one-on-one consultation with the instructor, discuss your particular neck, foot, or low back 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.

Come solo or bring a partner who can learn the techniques to assist you at home. 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.

**Fred Nehring** is a Certified Rolfer™, HHP since 2011 and has maintained a private practice since 2004.

\$62 Non-Member      \$50 Member

**CFU LOWRY:** Near 1st & Quebec

1944G: One Sat., 10-11 AM 1/12

1944G3: One Sat., 11:15 AM-12:15 PM 1/12

1944H: One Wed., 6-7 PM 1/23

1944H3: One Wed., 7:15-8:15 PM 1/23

1944J: One Sat., 1:30-2:30 PM 2/23

1944J3: One Sat., 2:45-3:45 PM 2/23

**LONE TREE:** C470 & Yosemite

1944I: One Tue., 6-7 PM 2/19

1944I3: One Tue., 7:15-8:15 PM 2/19

More dates on CFU website

## Yoga & Meditation Day Retreat An All-Levels Sunday Workshop at Shoshoni

Rejuvenate 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. Tuition includes lunch.

\$46 Non-Member      \$34 Member

**ROLLINSVILLE:** Highway 119

2480GR: One Sun., 9:45 AM-2 PM 1/6

2480GS: One Sun., 9:45 AM-2 PM 2/3

2480GT: One Sun., 9:45 AM-2 PM 3/3

2480GU: One Sun., 9:45 AM-2 PM 4/7

## Aikido

Discover the basic techniques of Aikido movement and how to integrate the lessons into your daily life. Chief instructor **Gaku Homma** trained directly with the founder of Aikido, Morihei Ueshiba.

\$57 Non-Member      \$45 Member

**CENTRAL DENVER:** Colfax & Osage

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

2410SU: Six Mon. & Six Wed., 6:30-7:45 PM Begins 3/4

2410SV: Six Tue. & Six Thu., 6:30-7:45 PM Begins 3/12

2410SW: Six Sat. & Six Sun., 8:30-9:45 AM Begins 3/23

## NEW! Basics of QiGong Movement for Health, Strength, & Flexibility

QiGong is a Chinese system of gentle movements that are used for purely for healing. The movements are designed so they can be done anywhere, many even in a sitting position. The movements target major body systems (digestive, circulatory, etc) and performing the entire series can help optimize your overall strength and health. In just two classes, come learn movements that can help with back care, sleep, detoxification, common illnesses like colds and flu, indigestion and much more. In addition to learning the entire system, you'll also take away the knowledge of which movement to use to address specific issues, such as nausea or insomnia. **Dr. Diane Mueller** holds a Master's degree in Chinese Medicine and a doctorate in Natural Medicine from National College of Natural Medicine in Portland, OR. She is an experienced and certified QiGong practitioner and has been teaching this marvelous system for over three years. Come learn how simple movement can be a ticket to better health.

\$66 Non-Member      \$56 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1986A: Two Tue., 6-8:30 PM Begins 2/5

1986B: Two Tue., 6-8:30 PM Begins 3/19

1986C: Two Tue., 6-8:30 PM Begins 4/3

## 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) with his skills as a spiritual director in teaching every dimension of this ancient art.

\$62 Non-Member      \$50 Member

**LAKEWOOD:** Kipling & Colfax

2430GO: Four Sun., 10 AM-noon Begins 1/6

2430GP: Four Sun., 10 AM-noon Begins 2/3

2430GQ: Four Sun., 10 AM-noon Begins 3/3

2430GR: Four Sun., 10 AM-noon Begins 4/7

2430GS: Four Sun., 10 AM-noon Begins 5/5; Skips 5/26



## Movement for Health & Healing With The Feldenkrais Method

Build your physical intelligence and improve your body mechanics. Reduce or eliminate chronic pain, improve coordination and flexibility, and nurture graceful aging with this unique method developed by Moshe Feldenkrais, a physicist, engineer, and skilled Judo practitioner to aid in his own rehabilitation from a knee injury. Try out one of two sessions to experience and learn the benefits of this internationally recognized conditioning program. In classes listed as "general," experience engaging movement and breathing sequences and gain an overall impression of the method. In the "neck and shoulders" class, experience ease, suppleness and increased range of motion through gentle and transformative movements (a must if you use a computer a lot!). Either class is suitable for beginners and both help participants find deep relaxation and increased self awareness.

**Jennifer Merrall** became a Feldenkrais practitioner in 1991. She works with dancers, athletes, people suffering from chronic pain, or movement difficulties.

\$61 Non-Member      \$49 Member

**S.W. DENVER:** Evans & Santa Fe

2419H9: One Sat., 1:45-4:15 PM 1/12 (general)

2419I: One Sat., 1:45-4:15 PM 2/9 (neck & shoulders)

2419J: One Sat., 1:45-4:15 PM 3/9 (general)

## 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. 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 Duprés** is a dancer and skilled teacher with over 30 years of experience.

\$37 Non-Member      \$25 Member

\$28 optional materials fee payable in class

**S.W. DENVER:** Evans & Santa Fe

2526AJ: One Sat., 2-3:30 PM 1/5 (intro)

2526AK: One Sat., 2-3:30 PM 1/26 (follow-up)

2526AL: One Sat., 2-3:30 PM 2/9 (intro)

2526AM: One Sat., 2-3:30 PM 2/23 (follow-up)

2526AN: One Sat., 2-3:30 PM 3/9 (intro)

2526AO: One Sat., 2-3:30 PM 3/23 (follow-up)

2526AP: One Sat., 2-3:30 PM 4/6 (intro)

2526AQ: One Sat., 2-3:30 PM 4/20 (follow-up)

2526AR: One Sat., 2-3:30 PM 5/4 (intro)

2526AS: One Sat., 2-3:30 PM 5/18 (follow-up)

## Brian Copeland

is "A fantastic instructor...  
Put everybody at ease. A pleasure  
to learn from.." – J.H.

### 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** has been involved in martial arts for over two decades, trains law enforcement and private citizens alike, and is certified by martial arts legend Paul Vunak to teach his Navy SEAL self-defense system. We won't pad up and hit each other, instead the focus is on identifying targets and teaching you to respond instinctively. Dress in loose exercise clothing, no uniforms or equipment required.

\$90 Non-Member \$78 Member

**AURORA:** I-225 & Iliff

2416DE: Four Mon., 6:30-7:30 PM Begins 1/7

2416DF: Four Mon., 6:30-7:30 PM Begins 2/11

2416DG: Four Mon., 6:30-7:30 PM Begins 3/18

2416DH: Four Mon., 6:30-7:30 PM Begins 4/22

### 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**. 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

2633AJ: Four Mon., 7:35-8:35 PM Begins 1/7

2633AK: Four Mon., 7:35-8:35 PM Begins 2/11

2633AL: Four Mon., 7:35-8:35 PM Begins 3/18

2633AM: Four Mon., 7:35-8:35 PM Begins 4/22

## 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. Bring all your questions and a notepad! **Cathy Ewing & Company.**

2276BP: Four Tue., 6-7 PM Begins 1/8

2276BQ: Four Tue., 6-7 PM Begins 3/5; Skips 3/26

2276BR: Four Tue., 6-7 PM Begins 5/7

### 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. **Cathy Ewing & Company.**

2277BP: Four Tue., 7-8 PM Begins 1/8

2277BQ: Four Tue., 7-8 PM Begins 3/5; Skips 3/26

2277BR: Four Tue., 7-8 PM Begins 5/7

### 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. **Cathy Ewing & Company.**

2251AQ: Four Tue., 8-9 PM Begins 1/8

2251AR: Four Tue., 8-9 PM Begins 3/5; Skips 3/26

2251AS: Four Tue., 8-9 PM Begins 5/7

### 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.**

2270CG: Four Tue., 7-8 PM Begins 2/5

2270CH: Four Tue., 7-8 PM Begins 4/9

### 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.**

2224AW: Four Tue., 6-7 PM Begins 2/5

2224AX: Four Tue., 6-7 PM Begins 4/9

### 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.**

2206CJ: Four Tue., 8-9 PM Begins 2/5

2206CK: Four Tue., 8-9 PM Begins 4/9

### 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

2272BL: Four Tue., 6-8 PM Begins 1/8

2272BM: Four Tue., 6-8 PM Begins 3/5; Skips 3/26

2272BN: Four Tue., 6-8 PM Begins 5/7

### 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

2275KJ: Four Mon., 6-7 PM Begins 1/7

2275KK: Four Mon., 6-7 PM Begins 2/4

2275KL: Four Mon., 6-7 PM Begins 3/4

2275KM: Four Mon., 6-7 PM Begins 4/1

2275KN: Four Mon., 6-7 PM Begins 4/29

## Eva Cernik

"Enjoyed her uplifting spirit and energizing technique."

—C. K.

## Beginning Belly Dance

### A Sensuous Workout

Explore the sensuous art of belly dance in fun, relaxed setting with one of Denver's most beloved belly dance teachers. Each week, Eva introduces unique moves, specific breathing techniques, and isolations of hips, torso, belly, and arms, that are the foundation of this evolved dance. Class builds up to a sensuous, full body, non-stop workout. On the last day, we dance with ethereal silk fabric. Eva calls it "pumping silk," and it's wonderful toning for arms and the upper body! Leave with the skills to pursue more advanced belly dance, or one of the many other ethnic or modern styles of dance derived from this ancient art. Ask Eva for more info about continuing classes. **Eva Cernik** has been teaching and performing belly dance, internationally, for over two decades and teaches and performs internationally. Please wear leggings, or pants with elastic to be worn at the hips, and a form fitting t-shirt. We usually dance in bare feet.

\$66 Non-Member \$54 Member

**CFU LOWRY:** Near 1st & Quebec

2228CY9: Four Tue., 7-8:15 PM Begins 1/8

2228DA: Four Tue., 7-8:15 PM Begins 3/5

2228DB: Four Tue., 7-8:15 PM Begins 4/30

## 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! Salsa



©Vasko Mokovic | istockphoto.com

means sauce and is a blend of dances originating in Africa, Cuba, Puerto Rico, and developed in New York. 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.

\$57/singles \$108/couples Non-Member

\$45/singles \$86/couples Member

**CENTRAL DENVER:** 6th & Broadway

2283NF: Four Mon., 7-8 PM Begins 1/7

2283NG: Four Tue., 7-8 PM Begins 1/8

2283NH: Four Mon., 7-8 PM Begins 2/4

2283NI: Four Tue., 7-8 PM Begins 2/5

2283NJ: Four Mon., 7-8 PM Begins 3/4

2283NK: Four Tue., 7-8 PM Begins 3/5

2283NL: Four Mon., 7-8 PM Begins 4/1

2283NM: Four Tue., 7-8 PM Begins 4/2

2283NO: Four Mon., 7-8 PM Begins 4/29

2283NP: Four Tue., 7-8 PM Begins 4/30

## NEW! Jazz Nite Out

Get an insider's view of jazz from a working jazz singer and then put that understanding to use by checking out the vibrant Denver jazz scene. Meet on a Wednesday for an "ears-on" introduction to different styles of jazz and basic jazz musical concepts (and visit one night spot, if time allows). But on Friday, it's time to hit the town! We'll plan to visit several local clubs where students will have the opportunity to meet and talk with some of the musicians on the gig. You can stay with the class until the clubs close or until you are ready to go home. **Cindy Williams** is an accomplished singer who has performed with many of the musicians you will meet. Cindy will try to find places with minimal, if any, cover charges, but be prepared to pay cover, and for any food/drink. Must bring ID.

\$46 Non-Member \$34 Member

Student pays cover charges/drinks

**EAST DENVER:** Monaco & Montview

1799D: One Wed., 6-8:30 PM, 2/20

& One Fri. 8 PM-12 AM, 2/22

1799E: One Wed., 6-8:30 PM, 4/3

& One Fri. 8 PM-12 AM, 4/5

## Everything You Ever Wanted to Know About Denver

Learn about Denver's quirky history, its scandals, and strange and colorful characters. Find out how the city ticks, the logic of its road system, and who's who, and what's what in the Mile High City. All of this and a lot more is presented in a set of lectures on Denver's past and present in the comfort of a living room. **Phil Goodstein** has published widely on Denver history.

\$54 Non-Member \$42 Member

**CENTRAL DENVER:** Colfax & Colorado

4108AP: Four Wed., 6:30-9 PM Begins 1/23

## 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. Don't forget your confirmation ticket to the first class.

\$37 Non-Member \$25 Member

**CFU LOWRY:** Near 1st & Quebec

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

## 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, care of the voice, projection, lyric interpretation and a little basic music theory. Each class will begin with vocal warm-ups and a group sing-a-long. Also there will be opportunities each week for students to sing individually to practice the various new techniques (and receive positive feedback). Singer and vocal coach **Cindy Williams** has been performing for over 30 years, and combines technical knowledge with real-life experience. Created for the beginner, as well as singers wanting to brush up on their vocal skills, this experiential class includes demonstration as well as practice.

\$98 Non-Member \$86 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1199CO: Three Wed., 6-8:30 PM Begins 1/23

1199CP: Three Wed., 6-8:30 PM Begins 3/13

1199CQ: Three Wed., 6-8:30 PM Begins 5/15

## 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.

\$77 Non-Member \$65 Member

\$12 materials fee payable in class

\$50 optional materials fee payable in class

**ENGLEWOOD:** Broadway & Hampden

1708K: Four Wed., 6-7 PM Begins 1/9

1708L: Four Wed., 6-7 PM Begins 2/6

1708M: Four Wed., 6-7 PM Begins 4/3



## Beginning Guitar

Learn how to play guitar without needing to know how to read music. Learn proper techniques so you can build your 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. **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

1660J: Four Wed., 6-8 PM Begins 1/9

1660K: Four Wed., 6-8 PM Begins 2/6

1660L: Four Wed., 6-8 PM Begins 3/13

1660M: Four Wed., 6-8 PM Begins 4/17

## 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.M.U 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

1667DV: Three Sat., 1:30-2:50 PM Begins 2/2

1667DW: Three Thu., 6:45-8:05 PM Begins 4/4

## 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 has taught piano for over 25 years.

\$71 Non-Member \$59 Member  
\$20 optional materials fee payable in class

**S.W. DENVER:** Evans & Santa Fe

1644CG: Four Thu., 6-7 PM Begins 1/10

1644CH: Four Tue., 6-7 PM Begins 3/5

1644CI: Four Thu., 6-7 PM Begins 5/2

## 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 anxious in front of 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

1962C: One Mon., 6-8 PM 1/21

1962D: One Mon., 6-8 PM 3/11

1962E: One Mon., 6-8 PM 5/13

## 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 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

1207BG: Four Mon., 6-9 PM Begins 2/4

1207BH: Four Mon., 6-9 PM Begins 4/15

## 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

1208AQ: Four Mon., 6-9 PM Begins 1/7

1208AR: Four Mon., 6-9 PM Begins 3/11

## 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 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 & Kramera

3172CG: One Wed., 6:30-9:30 PM 1/9

3172CH: One Wed., 6:30-9:30 PM 2/13

3172CI: One Wed., 6:30-9:30 PM 3/6

3172CJ: One Wed., 6:30-9:30 PM 4/10

## 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), works in stage, screen, and broadcast. He 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 & Kramera

3173AY: Four Wed., 6:30-9:30 PM Begins 1/16

3173BA: Four Wed., 6:30-9:30 PM Begins 3/13

3173BB: Four Wed., 6:30-9:30 PM Begins 5/1



## 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. Find out about online casting companies and ways the industry has changed in recent years with internet technologies. **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 five sessions.



\$197 Non-Member \$185 Member  
\$10 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
3174H: Five Sat., 1-3:15 PM Begins 1/5  
3174I: Five Sat., 1-3:15 PM Begins 4/20

## Storytelling for All Occasions The Keys to Effective Storytelling for Business and Social Success

There's no better way to get your message across than to tell an effective and colorful story. A well-told tale enhances your message, and being able to share a colorful tale adds to your charisma. To keep your listeners engaged, you need to bring your characters to life, add humor and conflict into your plot and make sure that your story, whether funny or serious, makes a point. In this workshop, learn and practice performance techniques for telling a tale, first from traditional Aesop Fables. Then move on to create personal stories from real life. Coach **Bill Smith** trains actors, stand-up comics, and professional storytellers as well as business professionals, politicians, marketers, motivational speakers, and spiritual leaders. Sessions includes warm-up and relaxation exercises in voice/speech and body language. Learn how to "spin a good yarn!" Students receive a personal DVD of their recorded studio sessions.

\$86 Non-Member \$74 Member  
\$10 materials fee payable in class  
**EAST DENVER:** 12th & Krameria  
1193P: Two Wed., 6:30-9:30 PM Begins 2/20  
1193Q: Two Wed., 6:30-9:30 PM Begins 4/17

## 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 and was ranked nationally in both epee and foil for many years. Students should wear sweat pants, a t-shirt, and sneakers. Materials fee covers the use of fencing equipment.

\$91 Non-Member \$79 Member  
\$30 materials fee payable in class  
**S.E. DENVER:** I-25 & Arapahoe  
2437BA: Six Tue., 7:30-9 PM Begins 1/22  
2437BB: Six Tue., 7:30-9 PM Begins 3/12  
2437BC: Six Tue., 7:30-9 PM Begins 4/30

## 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.

\$72 Non-Member \$60 Member  
\$4-\$20 optional materials fee payable in class  
**CENTRAL DENVER:** 17th & Marion  
7509AY: One Sun., 2-3 PM 1/6  
7509BA: One Sun., 2-3 PM 1/13  
7509BB: One Sun., 2-3 PM 1/20  
7509BC: One Sun., 2-3 PM 1/27  
7509BD: One Sun., 2-3 PM 2/3  
7509BE: One Sun., 2-3 PM 2/10  
7509BF: One Sun., 2-3 PM 2/17  
7509BG: One Sun., 2-3 PM 2/24  
7509BH: One Sun., 2-3 PM 3/3  
7509BI: One Sun., 2-3 PM 3/10  
7509BJ: One Sun., 2-3 PM 3/17  
7509BK: One Sun., 2-3 PM 3/24  
7509BL: One Sun., 2-3 PM 3/31

## NEW! Beginning Golf An Indoor Course

If you've thought you might want to learn golf or are a beginner, take some time during the chilly months to learn the basics and develop your swing—indoors! No equipment needed, just bring sneakers and work on full swing, chipping and pitching, and putting. High speed video analysis will be used to give you instant feedback so you learn the right habits from the get-go. **Eric Twesme** is the head golf professional at Emerald Greens Golf Club in Windsor Gardens (yes, they have a 9 hole par 3 course there!). He is a Master Teaching Professional certified by the Professional Golf Teachers Association of America.  
\$102 Non-Member \$90 Member  
**EAST DENVER:** Alameda & Havana  
7313H: Four Thu., 5:30-7 PM Begins 1/10  
7313I: Four Thu., 5:30-7 PM Begins 2/7  
7313J: Four Thu., 5:30-7 PM Begins 3/7 (women only)  
7313K: Four Thu., 5:30-7 PM Begins 4/4

## NEW! Beginning Golf at Emerald Greens

This fun course is designed to teach the basics of golf, including swing theory and etiquette. Learn how and why different clubs are used. Have fun hitting shots, chipping, and putting at Emerald Greens Golf Club, a hidden gem of a 9-hole course and learning facility in central Denver. The last class will be held out on the golf course. Clubs are available for those without. **Tom White** has been playing since he was 8 years old and is a Master Teaching Professional certified by the Professional Golf Teachers Association of America.

\$88 Non-Member \$76 Member  
\$10 materials fee payable in class  
\$5 optional club rental fee payable in class  
**EAST DENVER:** Alameda & Havana  
7305AP: Four Sat., noon-1:30 PM Begins 4/6  
7305AQ: Four Sat., noon-1:30 PM Begins 5/11

## Basic Bridge

Bridge fascinates, amuses, and challenges millions of players on every level—from social parlor games to international tournaments. 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  
4610DS: Six Thu., 2:15-4:15 PM Begins 1/10  
4610DT: Six Thu., 7-9 PM Begins 1/10  
4610DU: Six Mon., 7-9 PM Begins 4/8  
4610DV: Six Wed., 10:15 AM-12:15 PM Begins 4/10

## NEW! Hire Yourself for Landscape Design

Having an outdoor space that truly pleases you is restorative and healing. Get the tools to design your own landscape or garden for a fraction of what you would pay a designer. First, spend a little time identifying what style of garden most speaks to you. Learn the fundamentals of design, including composition and layout. Discuss choosing plants, taking into consideration texture, height, and how the plants' natural habits will work given the specific conditions of your yard. Find out how to take measurements, determine quantities, and match the plants with your design. The second class session is scheduled two weeks later so that you have time to create your own design. Come back ready to share, work through problems, and get suggestions. With degrees in Horticulture and Landscape Architecture, **Marissa Sterrett** has been designing and installing gardens for 14 years. Owner of Four Season Landscape Design, she works as a landscape architect, horticulturist and general contractor. Her specialty is creating sensory gardens.

\$81 Non-Member \$69 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1992A: Two Mon., 6:30-9 PM Begins 1/28; Skips 2/4

1992B: Two Sun., 2-4:30 PM Begins 3/3; Skip 3/10

1992C: Two Mon., 6:30-9 PM Begins 4/8; Skip 4/15

## NEW! Create Year-Round Beauty with Outdoor Planters

Outdoor planters give character, grace, and beauty to your walkway, porch, or patio. You may have planters that look wonderful from Mother's Day to the Fourth of July, but what about the rest of the year? There are alternatives to the sad urns that hold the brown remnants of summer's glory. Find out how to apply a few simple techniques during each season for a year-round, attractive and interesting planter. We will discuss basic planter style and composition, plant choices and combinations, non-plant additions, and how to protect your plants from our hottest, driest days. With degrees in Horticulture and Landscape Architecture, **Marissa Sterrett** has been designing and installing gardens for 14 years. Owner of Four Season Landscape Design, she works as a landscape architect, horticulturist and general contractor. Her specialty is creating sensory gardens.

\$46 Non-Member \$34 Member

**CFU LOWRY:** Near 1st & Quebec

1993A: One Mon., 6:30-8:30 PM 2/4

1993B: One Sun., 2-4 PM 3/10

1993C: One Mon., 6:30-8:30 PM 4/15

**Bradford Smith**  
is "Excellent – great background...  
to teach this course – very  
experienced – very good at  
answering questions!"  
– anonymous

## 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. Leave with detailed handouts and the confidence and skills to know when to tackle a wiring project yourself or to call a professional electrician. **Bradford Smith** is a NY state certified teacher who has been teaching building trades and other vocational skills for over 30 years.

\$51 Non-Member \$39 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

6567K: One Sat., 9 AM-noon 3/23

6567L: One Sat., 9 AM-noon 5/4

## Be Your Own General Contractor

### And Save Thousands

Whether you're building a house from scratch, adding on, or remodeling, you might want to consider overseeing your own project. 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** has worked for both small and large homebuilders in everything from architecture, purchasing, land development, construction, and overall operations. He currently 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

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

2093AY: One Wed., 6:30-9 PM 3/20

2093BA: One Wed., 6:30-9 PM 5/15

## 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! Gaining perspective and awareness is the first step to recovering from "affluenza"—a painful, contagious, socially transmitted condition of overload, debt, anxiety, and waste resulting from the dogged pursuit of more! 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

**CFU LOWRY:** Near 1st & Quebec

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

1689CJ: One Wed., 6-8:30 PM 4/10

**TECH CENTER:** I-25 & Orchard Rd.

1689CI: One Sat., 9-11:30 AM 3/16

1689CK: One Sat., 9-11:30 AM 5/18

## Senior Dog Care Optimizing Your Senior Dog's Health & Wellness

Is there a senior dog in your life? Do you know how to read his/her subtle signs of aging? Learn how to help your senior dog maintain optimal health and energy long into the golden years. In this class, we'll address the special concerns and common medical conditions that dogs face as they age. We'll cover senior nutrition, supplements, dental care, and explore a range of therapies that can work in complement with traditional veterinary care. Holistic and alternative treatments such as acupuncture, chiropractic, physical therapy, and aromatherapy can help relieve pain, increase healing, and extend your dog's life. We'll also discuss end-of-life care, helping you better understand options like hospice and at-home euthanasia, with grief and coping resources and strategies.

**Jennifer Kachnic**, author of the book, *Your Dog's Golden Years*, is president of the Grey Muzzle Organization and owner of Canine Wellness, LLC. She will be joined in class by a certified therapy dog for demonstration purposes, so we ask that you please leave your own sweet canine friend at home.

\$51 Non-Member \$39 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

7506V: One Sat., 1-4 PM 1/12

7506W: One Sat., 1-4 PM 2/23

7506X: One Sat., 1-4 PM 3/9





# Beauty & Fashion | Writing

## NEW! Blow-Dry Boot Camp

A common complaint that hairstylists hear is how many women struggle to blow-dry their own hair and achieve decent results. Go beyond decent and learn how to get salon-quality results yourself by attending this hands-on blow-dry boot camp. **Maree Chavez**, owner of the salon Hair People and stylist for over 25 years, created this workshop to help women take the frustration out of styling their own hair. Come with clean hair (product free, preferably) and be prepared to share about your “regular” regime. Maree will demonstrate on her own (long) hair how you can wrangle your locks, dryer, and brush and achieve professional results—yes, even on the back! Try out the techniques she shows you and get tips and assistance with your efforts. Leave with the confidence and skills to style your hair like a pro everyday.

\$41 Non-Member      \$29 Member  
\$15+ optional materials fee payable in class  
**CFU LOWRY:** 6th & York  
2613J: One Sun., 4-6 PM 1/27  
2613K: One Sun., 4-6 PM 3/3 (curly hair session)  
2613L: One Sun., 4-6 PM 4/14

## DeBorah Carr

is “**Very informative, sweet & caring, very enjoyable**”  
—E.D.

## 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?). We'll talk about personal style as well as tricks to make navigating the overflowing aisles of stuff a breeze. 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.

\$61 Non-Member      \$49 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
2608U: One Thu., 6-8 PM 4/11 & One Sat., 9-11 AM 4/13  
2608V: One Thu., 6-8 PM 4/25 & One Sat., 9-11 AM 4/27  
2608W: One Thu., 6-8 PM 5/9 & One Sat., 9-11 AM 5/11  
2608X: One Thu., 6-8 PM 5/30 & One Sat., 9-11 AM 6/1

## Acupressure Face Lift

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 holistic skin care for 20 years. Angela will demonstrate on each student so you'll know if you're doing the exercises correctly.

\$51 Non-Member      \$39 Member  
\$9 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
2500BK: One Sat., 1-4 PM 1/12  
2500BL: One Sat., 1-4 PM 3/9  
2500BM: One Sat., 1-4 PM 5/18

## Update Your Makeup

### Fresh Look, Fresh Face

Freshen up your whole look by evaluating your skin care regime and learning to apply make-up in a new way. Get hands (and face) on applying makeup from foundation up, learn your best colors and most flattering application techniques, including how to make your make-up last. This class includes, one-on-one follow-up with the instructor at her home, schedule after the class date. **Connie Malinowski** is a certified image consultant with BeautiControl. Please bring a headband.

\$46 Non-Member      \$34 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
2611CY: One Sat., 9 AM-noon 1/26  
2611DA: One Sat., 9 AM-noon 3/2  
2611DB: One Sat., 9 AM-noon 5/4

## Writers, Start Your Novels!

Get 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 do's 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! Lakewood author, **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  
2097X: One Sat., 1-3:30 PM 2/9  
2097Y: One Sat., 1-3:30 PM 4/20

## NEW! Beginning Creative Writing

Gain the skills to write a story with a clear beginning, middle, and end. The skills you learn will



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be applicable to any kind of creative writing, whether it is memoir or a work of fiction. Class will read a few wonderful articles and short stories to identify what makes writing compelling. Work on ways to generate and organize ideas and structure your work. Explore the process of writing and developing plot and character, and editing your work. There will be many interesting free-writing exercises in class (such as the Mystery Bag, 5-minute sprint, and “I am a Camera”) as well as the opportunity to share and get feedback as you build your writing skills. **Amanda Reavey** is an MFA Writing & Poetics candidate at Naropa University whose favorite genre is the short story. She is a published poet and passionate teacher.

\$131 Non-Member      \$119 Member  
\$5 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1909F: Four Thu., 6-8:30 PM Begins 1/31; Skips 2/14  
1909G: Four Thu., 6-8:30 PM Begins 3/21  
1909H: Four Thu., 6-8:30 PM Begins 5/2

## Answer the Call to Write Developing a Writing Practice

Why do we write? We write to express ourselves to the world, give voice to our fears and dreams, tap into the depths of our thoughts and feelings, and much more. Whether you're a seasoned writer or just starting out, whether you're writing to publish or just for your own self-reflection, 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. Leave class with everything you need to start—and keep-writing, right away! **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.

\$57 Non-Member      \$45 Member  
\$2 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1906AY9: One Thu., 6:30-8:30 PM 1/17  
1906BA: One Sat., 10 AM-noon 2/23  
1906BB: One Sat., 10 AM-noon 4/13

## 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  
1998CP: One Sat., 1-4 PM 1/12  
1998CQ: One Sat., 1-4 PM 3/16  
1998CR: One Sat., 1-4 PM 5/4

## 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  
2089AS: One Fri., 9 AM-noon 2/15  
2089AT: One Sat., 9 AM-noon 4/20

## NEW! He Said, She Said How to Write Realistic Dialogue

Writing dialogue—realistic dialogue, anyway—doesn’t always come easily. It takes time to develop a good ear, but learning the simple rules and obvious pitfalls that you’ll learn in this workshop can make a huge difference in your skills. Read and discuss a variety of examples of effective dialogue from well-known writers such as Stephen King, Richard Yates, or Frank McCourt. Explore writing tags, inserting exposition, avoiding THIWS (thinking heads in white space), and more. Apply what you are learning with in-class writing practices. **Evon Davis** is the author of *Pandora’s Box* and *The Bohemian Life*.

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

**CFU LOWRY:** Near 1st & Quebec  
1979A: One Sun., 1-4 PM 2/24  
1979B: One Sat., 1-4 PM 3/23  
1979C: One Sun., 1-4 PM 4/21  
1979D: One Sat., 1-4 PM 5/18

## Your Life in Print Memoirs, Personal Essays, and Autobiographical Fiction

Memoir writing is a valuable tool for processing your experiences. Learn 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 **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  
2048BF: One Sat., 9 AM-noon 1/26  
2048BG: One Sun., 1-4 PM 2/17  
2048BH: One Thu., 6:30-9:30 PM 3/14  
2048BI: One Wed., 6:30-9:30 PM 4/17  
2048BJ: One Wed., 6:30-9:30 PM 5/15

## Creating Compelling Characters

When people read stories, they want to feel what the characters feel. Explore the elements needed to make your characters ones that readers will love. Once they pick up your book or short story, they won’t be able to put it down. **Evon Davis**.

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

**CFU LOWRY:** Near 1st & Quebec  
2095R: One Sun., 1-4 PM 1/27  
2095S: One Sat., 1-4 PM 2/16  
2095T: One Sat., 1-4 PM 3/30  
2095U: One Wed., 6:30-9:30 PM 4/24  
2095V: One Wed., 6:30-9:30 PM 5/22

## NEW! Create Scenes That Sizzle

### 15 Essential Elements of Scene Writing

A story is a conflict shown in scenes, meaning that the characters’ conflicts unfold in scenes rather than in summary. Every high point in a story must be played out in moment-by-moment real time action. The technique of slowing things down forces the stakes in a story ever higher. Most beginning writers make the mistake of “telling” what happens rather than “showing” it in a scene. By learning to break down each scene into its smallest parts, you can create a story that sizzles on the page. In class, read and discuss examples of scenes that incorporate the 15 elements. Practice writing several scenes yourself, and read them aloud for feedback. Leave with an understanding of the difference between a scene and summary, why scene writing is the best kind of writing, what the elements of scene writing are, and how to use them.

**Evon Davis** is the author of *Pandora’s Box* and *The Bohemian Life*.

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

**CFU LOWRY:** Near 1st & Quebec  
1978A: One Sat., 1-4 PM 2/23  
1978B: One Sun., 1-4 PM 3/24  
1978C: One Sat., 1-4 PM 4/20  
1978D: One Sun., 1-4 PM 5/19

## 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, Harry Potter, and Avatar. This structure creates compelling stories and provides organization, giving you an essential tool to complete a novel, memoir, or screenplay. Students will learn about the 12 stages of the hero’s journey and use those 12 stages to plot the main character’s journey. During class students will work with their own story ideas and turn them into functional outlines.

**Evon Davis** has successfully published a number of books, including *Pandora’s Box*, a modern—day version of the myth. Optional materials fee is for book by Evon.

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

**CFU LOWRY:** Near 1st & Quebec  
3235AU: One Sat., 1-4 PM 1/26  
3235AV: One Sat., 1-4 PM 3/2  
3235AW: One Wed., 6:30-9:30 PM 4/3  
3235AX: One Wed., 6:30-9:30 PM 5/1

# Writing | Cooking

## 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 that provide you with many more opportunities for discount travel and are 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

1937CT: One Sat., 1-4 PM 1/5

1937CU: One Sat., 1-4 PM 2/9

1937CV: One Sat., 1-4 PM 3/2

1937CW: One Sat., 1-4 PM 4/6

## 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)*.

\$51 Non-Member      \$39 Member  
\$3 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

2006T: One Sat., 9 AM-noon 1/12

2006U: One Wed., 6-9 PM 4/17

Last chance for Formatting Your eBook!

## 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? 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. **Brian Schwartz** is the president of the Colorado Independent Publishers Association and founder of KindleExpert.com.

\$61 Non-Member      \$49 Member

\$2 materials fee payable in class

\$79 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1923E: One Sat., 9 AM-noon 1/26

1923F: One Sat., 9 AM-noon 3/2

## Inside the Publishing Industry Getting Your Manuscript Through the Door

Gain first-hand knowledge of the industry from local author and member of the Author's Guild, **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.

\$61 Non-Member      \$49 Member

**CFU LOWRY:** Near 1st & Quebec

1963BC: One Sat., 1-3:30 PM 1/19

1963BD: One Sat., 1-3:30 PM 3/9

1963BE: One Sat., 1-3:30 PM 5/18

## 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.

\$57 Non-Member      \$45 Member

\$8 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6250AT: One Wed., 6-9 PM 1/16

6250AU: One Wed., 6-9 PM 2/20

6250AV: One Wed., 6-9 PM 3/20

6250AW: One Wed., 6-9 PM 4/17

6250AX: One Wed., 6-9 PM 5/15

## Low Glycemic Cooking Balance Your Blood Sugar, Boost Your Energy

Many doctors and health professionals recommend a low glycemic diet to 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 others focus on healthier speciality menus. 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.

\$51 Non-Member      \$39 Member

\$20 materials fee payable in class

**CENTRAL DENVER:** 17th & Downing

5429R: One Sat., 1:30-4:30 PM 1/5 (general)

5429S: One Sun., 1:30-4:30 PM 2/10 (aphrodisiacs)

5429T: One Sun., 1:30-4:30 PM 3/17 (St Patrick's Day)

5429U: One Sun., 1:30-4:30 PM 4/21 (general)

5429V: One Sun., 1:30-4:30 PM 5/5 (Cinco de Mayo)

## Quick & 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. Prepare a variety of recipes to take advantage of seasonal ingredients. Classes marked "general" focus on everyday raw cooking while others are speciality menus. Visit the CFU website for details.

**Katie Bauer**, MA, CNE, CH, is owner of Nourished Health Center.

\$51 Non-Member      \$39 Member

\$20 materials fee payable in class

**CENTRAL DENVER:** 17th & Downing

2585AQ: One Sun., 1:30-4:30 PM 1/6 (general)

2585AR: One Sun., 1:30-4:30 PM 4/28 (Mexican)

2585AS: One Sun., 1:30-4:30 PM 5/19 (BBQ & Picnics)



## 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. Hear and leave with tips, resources, and shopping ideas for living the gluten free lifestyle. **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

6028X: One Wed., 6-8:30 PM 1/9

6028Y: One Mon., 6-8:30 PM 2/25

6028AA: One Mon., 6-8:30 PM 4/29

## 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. 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

6030AN: One Thu., 6-9 PM 1/10 (chicken)

6030AO: One Thu., 6-9 PM 2/7 (meat)

6030AP: One Thu., 6-9 PM 3/7 (fish)

6030AQ: One Thu., 6-9 PM 4/11 (dessert)

## Simple Spanish Tapas

### Small Plate Delights

Tapas are small servings to share, perhaps while sipping a glass of wine or beer, and make a lovely light supper. Learn how easy it is to assemble a tapas spread and where to get the most authentic ingredients. In class, prepare tortilla Espanola, blue cheese stuffed dates wrapped with ham, chickpea and chorizo cazuelita (hot pot), eggs stuffed with red peppers and olives, Moorish lamb skewers, and Bacaluditos with tomato sauce (breaded and fried cod). Then sit and enjoy your efforts (along with olives—of course!) with your fellow classmates. **Rebecca Caro** is a food and travel writer, whose work has been featured in Cookie, DRAFT, 5280 and DiningOut magazines. She authors the blog From Argentina With Love, which was awarded 'Best New Blog of 2008' by Adam Roberts on his Food Network Show, the FN Dish. Rebecca is currently working on a cookbook based on her blog.

\$56 Non-Member \$44 Member

\$20 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6150H: One Sat., 1-4 PM 2/9

6150I: One Sat., 1-4 PM 3/16

## Empanadas

### From Argentina with Love

Who wouldn't love a pocket of warm pastry deliciously stuffed with spiced meats or fragrant herbs and tomatoes? Empanadas are a South American answer to the Italian calzone or English savory pie—small wonders to tuck in a lunch box or serve to guests. In class, learn how simply they can be made using either store-bought or home made dough and try a variety of fillings. Make empanadas Mendocinas (spiced beef and onion), corn and roasted red pepper, blue cheese and walnut, and chicken chorizo. **Rebecca Caro** is a food and travel writer, whose work has been featured in Cookie, DRAFT, 5280 and DiningOut magazines. She authors the blog From Argentina With Love, which was awarded 'Best New Blog of 2008' by Adam Roberts on his Food Network Show, the FN Dish.

\$56 Non-Member \$44 Member

\$20 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6151F: One Sat., 9 AM-noon 1/19

6151G: One Sat., 1-4 PM 3/2



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## NEW! The Soul of Mexico

### Bold Flavors, Rich Traditions

If a burrito (the size of your arm and swimming in green chile gravy) is your idea of a Mexican culinary adventure, come to this class and learn about the difference between buche and cabeza and whether you want it wrapped in a tortilla! You'll learn about the centuries-old equipment still used in today's kitchens to prepare authentic Mexican food, as well as regional influences in the cuisine. Then move to the kitchen where you'll use some of the more distinctive elements like nopales, epazote, and queso fresco to prepare several dishes, including a diverse variety of salsas, caldo de pollo (chicken soup), jicama-orange salad, and delicious sweet empanadas. Handouts will include shopping tips, recipes and other helpful information. **Laura Sonderup** is a nationally-recognized expert on Mexican culture and cuisine and she's eager to share culinary and cultural insights as well as her top taqueria picks in the Denver metro area.

\$51 Non-Member \$39 Member

\$15 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1983A: One Sat., 1-4 PM 2/2

1983B: One Sun., 1-4 PM 3/10

1983C: One Sun., 1-4 PM 4/28

## 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

6301P: One Sat., 1-4 PM 1/19

6301Q: One Sat., 1-4 PM 2/23

6301R: One Sat., 1-4 PM 3/23

6301S: One Sat., 1-4 PM 4/20

6301T: One Sun., 1-4 PM 5/12

## 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, a personal chef, cooking instructor for children and adults, recipe developer and food historian for over 20 years, will take you with her on a trip around the globe for healthy, easy, inspired vegan cuisine without leaving Denver.

\$51 Non-Member \$39 Member

\$16 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6215AN: One Sat., 1-4 PM 1/5 (winter favorites)

6215AP: One Sat., 1-4 PM 4/6 (spring)

### Rachel Iacino

is a "Wonderful instructor. She made everything seem effortless. Loved her tips." – V.

## 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

6200Y: One Sat., 1:30-4:30 PM 1/12

6200AA: One Sun., 1:30-4:30 PM 2/17

6200AB: One Sun., 1:30-4:30 PM 3/17

6200AC: One Sun., 1:30-4:30 PM 4/21

## Make Your Own Cheese

Learn the ancient art of cheese making and make a variety of soft and hard cheeses. This class includes 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. Cultured milk products such as yogurt will also be explored. **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

6205AN: Three Mon., 6-9 PM Begins 1/7

6205AO: Three Sun., 1-4 PM Begins 3/3

6205AP: Three Sat., 1-4 PM Begins 5/4

## 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. A \$10 material fee is for those making cheese to take home, and a \$5 fee is for those just sampling. **Rich McGaughey**.

\$61 Non-Member \$49 Member

\$5-10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6212T: One Sun., 1-6 PM 2/3

6212U: One Sun., 1-6 PM 4/14

## 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 needed to make this cheese. Take home a 2-pound wheel of homemade cheddar cheese to age, or just come participate even 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 to make a home cheese press will be available for purchase. The instructor will supply all other materials. **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

6213P9: One Sun. 9-5 PM 1/27

& One Thur., 6-8 PM 1/31

6213Q: One Sun. 9-5 PM 3/24

& One Thur., 6-8 PM 3/28



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## 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. **Steve Bass** comes from a long line of canners and has won blue ribbons for his products at county fairs.

\$56 Non-member \$44 Member

\$25 materials fee payable in class

\$6-\$8 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6222AB: One Sat., 9 AM-12:30 PM 1/26

6222AC: One Sat., 9 AM-12:30 PM 3/9

6222AD: One Sat., 9 AM-12:30 PM 5/11

## 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** has won many blue ribbons for his products at various Colorado county fairs, including three ribbons at the first Denver County Fair.

\$56 Non-Member \$44 Member

\$25 materials fee payable in class

\$6-8 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6223W: One Sun., 9 AM-12:30 PM 1/13

6223X: One Sat., 9 AM-12:30 PM 3/16

6223Y: One Sat., 9 AM-12:30 PM 5/18

## 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** has been canning for 15 years and is eager to share his knowledge on canning. He has won many blue ribbons for his products at various Colorado county fairs, including three ribbons at the first Denver County Fair.

\$56 Non-member \$44 Member

\$25 materials fee payable in class

\$6-\$8 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

6224AA: One Sat., 9 AM-12:30 PM 1/12

6224AB: One Sat., 9 AM-12:30 PM 2/23

6224AC: One Sat., 9 AM-12:30 PM 4/20

## 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 kit of supplies (multiple decorating bags, tips, couplers, etc) for you to take home and use over and over again with you new skills. Never buy a grocery store birthday cake again! **Yolanda Ochoa** has a culinary certificate in pastry and baking and has been decorating cakes as a business for 12 years. She also teaches at Joanns. 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  
 1956D: One Thu., 6-9 PM 1/17  
 1956E: One Thu., 6-9 PM 2/28  
 1956F: One Fri., 1-4 PM 3/29  
 1956G: One Sat., 9 AM-noon 4/27  
 1956H: One Thu., 6-9 PM 5/30



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## 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  
 6024 AM: One Sat., 9:30 AM-noon 2/9  
 6024 AN: One Sat., 9:30 AM-noon 3/23  
 6024 AO: One Sat., 9:30 AM-noon 4/13  
 6024 AP: One Sat., 9:30 AM-noon 5/4

## Chocolate Fantasy

Create your own chocolate shop at home for a fraction of the cost and using the ingredients of your choice. Discover the latest chocolate tastes, trends, and techniques from around the world. 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. See date listings for general themes. **Robin Vives**, is a personal chef, cooking instructor for children and adults, 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  
 6208Q: One Sun., 1-4 PM 2/10 (valentine's)  
 6208R: One Sat., 1-4 PM 3/9 (Easter)  
 6208S: One Sat., 1-4 PM 4/27 (Mother's Day)  
 6208T: One Sun., 1-4 PM 5/19 (spring)

## Cupcake Love

Join us for a fabulous evening mixing, baking, and decorating cupcakes. Using both traditional and "creative" flavor pairings, 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  
 6018S: One Wed., 6-9 PM 1/23

**Last chance for Cupcake Love!**

## 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 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  
 6207BQ: One Fri., 6:30-8:30 PM 1/25  
 6207BR: One Fri., 6:30-8:30 PM 2/15  
 6207BS: One Thu., 6:30-8:30 PM 3/21  
 6207BT: One Thu., 6:30-8:30 PM 4/25

## NEW! Celebrate the Flavors of Argentina

### A Wine and Food Pairing

Two powerhouse ladies of taste pair up for this exquisite evening of the flavors of Argentina. Join sommelier and wine expert **Ashley Hausman** and chef, local food writer, and blogger **Rebecca Caro** as they introduce you some special wines of Argentina paired with a selection of delicious, authentic regional dishes. On the tasting menu for the evening: sparkling white wine with fried cheese empanadas; a Torrontes with fish in a spicy Mar Del Plata sauce; a Pinot Noir with bruschetta a la Provençal (mushrooms and ham); a young Malbec with gnocchi and *tuco* sauce; an aged, oaked Malbec with steak and chimichurri sauce; and a late-harvest Torrontes with *alfajores*, the classic Argentine sandwich cookie filled with *dulce de leche*. No refunds on materials 72 hours prior to class.

**\$41 Non-Member \$29 Member**  
**\$30 materials fee payable in class**  
**CFU LOWRY:** Near 1st & Quebec  
 1977A: One Thu., 6-8:30 PM 1/24  
 1977B: One Thu., 6-8:30 PM 3/14

## The Many Faces of Malbec

People are bonkers for this jazzy Argentine varietal. With all the hype, however, its identity gets a bit buried. How do viticultural decisions, climate, region and soil make a difference in its expression? Sip through six Malbecs and learn it's nuances. **Ashley Hausman** is a certified sommelier.

**\$51 Non-Member \$39 Member**  
**\$15 materials fee collected at time of registration**  
**CFU LOWRY:** Near 1st & Quebec  
 6254E: One Sun., 6:30-8:30 PM 2/3  
 6254F: One Sun., 6-8 PM 5/12



## 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. Ashley will help you read the label and understand terminology. Be afraid no more! 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  
6253D: One Tue., 6:30-8:30 PM 1/8  
6253E: One Tue., 6:30-8:30 PM 1/29  
6253F: One Fri., 7-9 PM 5/3

## 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  
1973C: One Thu., 6-9 PM 3/7  
1973D: One Thu., 6-9 PM 5

## 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  
60560: One Thu., 6:30-8:30 PM 2/7  
6056P: One Wed., 6:30-8:30 PM 5/22  
6207BU: One Fri., 6:30-8:30 PM 5/17

## 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, whether your purpose is entertaining or personal enjoyment.

\$46 Non-Member \$34 Member  
\$10 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1948C: One Tue., 6:30-8:30 PM 1/22  
1948D: One Tue., 6:30-8:30 PM 2/12  
1948E: One Tue., 6:30-8:30 PM 4/9  
1948F: One Tue., 6:30-8:30 PM 5/14



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**Sherry Chance**  
is "an excellent instructor!...With Sherry's help, I feel very encouraged and happy with the arrangement we created."  
- anonymous

## Fresh Floral Design Fundamentals

Fill your home with dazzling floral arrangements! Using fresh blooms, learn the secrets of floral design that pros use. Explore shape and design, and learn how to choose your flowers, colors, and containers to make the perfect arrangement. Discover the tips and tricks of prolonging the life of your living arrangements that florists will never teach you. In class create a beautiful arrangement to take home and impress your friends and family. **Sherry Chance** has taught floral interior design for over 30 years and has won several awards for her creations. She's also worked in the bridal and event floral industry as owner of the Elegant Touch Bridal Center.

\$51 Non-Member \$39 Member  
\$15 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1589BC: One Sun., 2-5 PM 2/17  
1589BD: One Sun., 2-5 PM 4/21

## 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  
1377DP: One Sun., 10 AM-4 PM 1/20  
1377DQ: One Sun., 10 AM-4 PM 4/7

## 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.



©ongimages | istockphoto.com

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

1304BV: Two Sat., 9:30 AM-noon Begins 2/2

1304BW: Two Sat., 9:30 AM-noon Begins 4/6

## 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. With the mastery of a few simple stitches, you can make garments, gifts, baby items, bags, toys, or your own clever designs. 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 the second class, where the instructor can help you sort them out. **Sandy Reavey** has been knitting and crocheting for more years than she can remember. She donates much of her work to charities, but also makes knit and crochet items as gifts and on commission for others in her business, Artfully Stitched. She hopes to bring this tradition alive for her students!

\$61 Non-Member \$49 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1571AP9: Two Sun., 2-4 PM Begins 1/13

1571AQ: Two Sat., 9:30-11:30 AM Begins 3/9

1571AR: Two Sat., 9:30-11:30 AM Begins 5/11

## NEW! Beginning Needlefelting

### Paint and Sculpt with Wool

Needlefelting is a popular craft using needles to “punch” wool roving into shapes and designs. Explore the basics of the needlefelting by using wool to “paint” a picture onto a small felted sampler, which can be displayed by itself or incorporated into another artwork. Take home a flower pin/embellishment or a set of colorful “painted” coasters. Class will also touch on 3-D forms such as balls and simple dolls by the last session, so you should be able to leave with an ornament or roly-poly gnome as well. **Gage Evans** has been teaching and creating with felt for 20 years. She encourages creative play and exploration in class. All materials supplied by instructor for use: needles, wool roving, wool batt and a foam work surface.

\$76 Non-Member \$64 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1984A: Three Wed., 6-8 PM Begins 2/27

1984B: Three Mon., 6-8 PM Begins 4/1

1984C: Three Mon., 6-8 PM Begins 5/6

## NEW! Beginning Table Top Weaving

Create your own fabric! Learn how cloth is made and produce your own piece of hand-loomed cloth. Acquire all the skills of basic weaving such as setting up warp, managing tension, changing colors, taking a piece off the loom, and finishing while working on a small peg loom loaned from the instructor. Leave with several small woven pieces that can be used individually as mug rugs or sewn together with other pieces to create table runners or bags. The materials fees covers use of loom and all yarns. **Gage Evans** has been a fiber artist for 25 years. She is an active member of the Rocky Mountain Weaver's Guild and has taught weaving to people of all ages.

\$101 Non-Member \$89 Member

\$10 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1985A: Three Wed., 6-9 PM Begins 1/30

1985B: Three Wed., 6-9 PM Begins 3/27

1985C: Three Wed., 6-9 PM Begins 5/15

## NEW! Sparkly Crystal & Charm Jewelry

### Basic Jewelry Made Simple

Learn the basics of making jewelry while creating a unique pair of chain, crystal bead, and charm earrings and a necklace (or bracelet) sets that you can take or wear home. The teacher will prove a kit of your choice of crystal bead colors, charms and chains, and teach you basic jewelry assembly skills such as wire wrapping, attaching jump rings, and findings. This is a fast and fun class, perfect for beginners and the results make great gifts! **Kathy Burton** has been making jewelry for over 16 years and sells her work on consignment in several shops in the Denver metro area and online through her Facebook site: Price of Freedom Jewelry.

\$36 Non-Member \$24 Member

\$10 materials fee payable in class

\$8-16 optional materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1222AW: One Sun., 1-3 PM 2/3

1222AX: One Sun., 1-3 PM 3/17

1222AY: One Sun., 1-3 PM 4/21

## 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. They show their work at juried art shows in Colorado and surrounding states and display and sell through local galleries and co-ops. They also create unique metal signage for businesses. 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

1558CK: One Sat., 10 AM-4 PM 1/19

1558CL: One Sat., 10 AM-4 PM 2/16

1558CM: One Sat., 10 AM-4 PM 3/16

1558CN: One Sat., 10 AM-4 PM 4/13

1558CO: One Sat., 10 AM-4 PM 5/11

## About Some Like It Hot!

“Instructors were both wonderful! Personable/attentive & show their love of subject and joy to share knowledge.” – D.S.

# Arts & Crafts

## Crafting Furniture Woodworking Basics

You will not believe the woodworking skills you can acquire in this intensive one weekend class! Catering to the true beginner as well as those who feel they need a refresher, class begins with the safety, proper use, and hands on activities for the table saw, planer, jointer, and miter saw all while making a usable, beautiful piece of furniture. You will also learn to glue up panels and safely and properly use the router and sanders to complete professional looking project (choose a table or a bookcase session). **Tracy Gray** is a professional cabinetmaker and has been teaching this popular class for many years. 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  
1559EL: One Sat. & One Sun., 9 AM-1 PM 1/26 & 1/27 (table)  
1559EM: One Sat. & One Sun., 9 AM-1 PM 2/23 & 2/24 (bookcase)  
1559EN: One Sat. & One Sun., 9 AM-1 PM 3/16 & 3/17 (table)  
1559EO: One Sat. & One Sun., 9 AM-1 PM 4/13 & 4/14 (bookcase)

## 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.** \$61 Non-Member \$49 Member  
**CENTRAL DENVER:** Colorado & Evans  
1509BB: One Sat., 2-5 PM 1/26  
1509BC: One Sat., 2-5 PM 3/16

## 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 to class! \$71 Non-Member \$59 Member \$65 materials fee payable in class  
**CENTRAL DENVER:** 38th & Brighton  
1529FA: One Sat., 9 AM-3 PM 1/12  
1529FB: One Sat., 9 AM-3 PM 2/9  
1529FC: One Sat., 9 AM-3 PM 4/13  
1529FD: One Sat., 9 AM-3 PM 5/11

## NEW! Glass Blowing Vase/ Tumbler Workshop

Create a vase or tumbler (drinking glass) in the fascinating and exciting art form of glass blowing. Held in a working art glass studio, students work closely with experienced instructors to create an individual glass masterpiece using molten glass, colored glass chips, and a blow pipe and other tools to shape the vessel. Take home a drinking glass or small vase. **Agnes Sanchez** is a veteran teacher whose work is shown in many local galleries. Class size is limited so be sure to sign up early. \$117 Non-Member \$105 Member \$95 materials fee payable in class  
**CENTRAL DENVER:** 40th & Josephine  
1591H: One Thu., 5:45-8:45 PM 1/24  
1591I: One Thu., 5:45-8:45 PM 2/21  
1591J: One Thu., 5:45-8:45 PM 3/14  
1591K: One Thu., 5:45-8:45 PM 4/4

## Elite Glass Blowing in One Day!

Glass and fire have fascinated people all over the world for centuries. In this hands-on glass blowing workshop you will 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. Register early as class size is limited. \$181 Non-Member \$169 Member \$90 materials fee payable in class  
**CENTRAL DENVER:** 40th & Josephine  
1592GI: One Tue., 5:30-9:30 PM 1/29  
1592GJ: One Tue., 5:30-9:30 PM 2/26  
1592GK: One Tue., 5:30-9:30 PM 3/26  
1592GL: One Tue., 5:30-9:30 PM 4/30

## 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 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. \$86 Non-Member \$74 Member \$30+ materials fee payable in class  
**ARVADA:** 58th & Wadsworth  
1217CE: Four Sun., 10 AM-12:30 PM Begins 1/27  
1217CF: Four Thu., 6:30-9 PM Begins 2/21  
1217CG: Four Tue., 6:30-9 PM Begins 4/16

## Throwing Pottery Intro 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. 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. \$114 Non-Member \$99 Member \$30+ materials fee payable in class  
**ARVADA:** 58th & Wadsworth  
1262EQ: Six Wed., 1-3:30 PM Begins 1/9  
1262ER: Six Tue., 6:30-9 PM Begins 2/5  
1262ES: Six Wed., 1-3:30 PM Begins 4/3

## 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. \$67 Non-Member \$55 Member \$10 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1202W9: One Sat., 9 AM-3 PM 1/26  
1202X: One Sat., 9 AM-3 PM 3/2  
1202Y: One Sat., 9 AM-3 PM 4/6



## Wet on Wet Oil Painting

### Bob Ross Method Landscape

Experience the joy of oil painting and complete a beautiful landscape painting all in one day. All levels welcome; no drawing or art experience required. This unique system of painting helps new students learn to paint with ease and gives experienced artists different techniques to add to their repertoire. 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. 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. **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  
1403CX: One Sat., 10 AM-4 PM 1/5  
1403CY: One Sat., 10 AM-4 PM 3/2  
1403DA: One Sat., 10 AM-4 PM 5/4



## 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  
1450K: One Sun., 1-4 PM 2/10  
1450L: One Thu., 6-9 PM 4/11  
1450M: One Thu., 6-9 PM 5/16

## 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  
1506U: One Sat., 1-5 PM 1/19  
1506V: One Sat., 1-5 PM 3/23  
1506W: One Sun., 1-5 PM 4/21  
1506X: One Sat., 1-5 PM 5/18

## Zentangle® Workshop

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. Zentangle®'s popularity can be attributed to how easy it is to learn for artistic and non-artistic types alike—and the fact that it's addictive! **Barbara Tinsley**, IT professional by day, is a certified Zentangle® instructor who believes in Zentangle's power to create balance and inspire creativity. This art form and method was created by Rick Roberts and Maria Thomas and is copyrighted. Zentangle® is a registered trademark of Zentangle, Inc. The materials fee is for a cute kit of "tiles" and the drawing tools you need to create your own first images to take home with you.

\$51 Non-Member \$39 Member  
\$8 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec  
191809: One Sun., 1-4 PM 1/20  
1918P: One Sat., 1-4 PM 2/9  
1918Q: One Sat., 1-4 PM 3/23

## Chinese Calligraphy

Chinese calligraphy is a 2,000 year old visual art as well as a discipline that integrates the mind and the body. It helps a person to "nurture one's nature" and "cultivate one's mind" while learning those wonderful bold or subtle strokes to create stunning works of art. 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, as well as the presentation "Chinese Calligraphy with the Elusive Chi". 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, including the "Chaos—Where Brilliant Dreams Are Born."

\$91 Non-Member \$79 Member  
\$24 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec  
1255N: Four Sun., 1-3 PM Begins 4/7

# Arts & Crafts | Photography

## NEW! Botanical Art Journal

Inspired by the year round beauty of the Denver Botanic Gardens, learn how create an art garden journal that captures a record the shapes, textures, patterns, and colors of nature on your days in the Gardens. Beginners and experts alike can use drawing, multimedia techniques, and their own observations to create beautiful and interesting art journal pages. Art journaling is a great way to merge art and words (as much or as little of each as you'd like) to create a vivid impression of your ideas and experiences. Get ready to experiment and unleash your playful artist self in a supportive and breathtaking environment and the skills to continue art garden journaling in your backyard and beyond.

**Gayle Bodine** is an artist, art therapist, and creativity coach who has been teaching the popular Impressions of the Gardens classes for over two years.

\$90 Non-Member      \$78 Member  
\$12 materials fee payable at registration  
\$5 materials fee payable in class

**CENTRAL DENVER:** 10th & Josephine  
1213K: Four Sun., 10 AM-noon Begins 3/3

## 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  
1210HE: Six Sun., 10 AM-noon Begins 1/13  
1210HF: Six Sun., 10 AM-noon Begins 4/7;  
Skips 5/12



## 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. 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** is a professional artist.

\$91 Non-Member      \$79 Member  
\$3 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1492H: Three Mon., 6:30-8:30 PM Begins 1/14  
1492I: Three Mon., 6:30-8:30 PM Begins 2/18  
1492J: Three Mon., 6:30-8:30 PM Begins 3/25  
1492K: Three Mon., 6:30-8:30 PM Begins 5/13;  
Skips 5/27

## 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. In an easy-going class atmosphere, you will do lots of small, quick sketches and find out how enjoyable sketching can be. **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  
1459AO: One Sat., 1-4 PM 2/23  
1459AP: One Sat., 1-4 PM 4/13  
1459AQ: One Sat., 1-4 PM 5/11

## 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 simply rules, you can achieve amazingly "realistic" spatial effects in your drawings. 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.

\$86 Non-Member      \$74 Member  
\$7 materials fee payable in class  
**CENTRAL DENVER:** Near Colfax & Grant St  
1959D: Two Sat., 2-5 PM Begins 1/19  
1959E: Two Sat., 2-5 PM Begins 3/9

## Urban Sketching & Drawing

Head out into the urban landscape and hone your *plein air* drawing skills. This two-session class will meet each 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  
**CENTRAL DENVER:** 1st & Steele  
1971C: Two Sun., 3-6 PM Begins 1/20  
**CENTRAL DENVER:** 16th & Lawrence  
1971D: Two Sun., 3-6 PM Begins 2/17  
**CENTRAL DENVER:** 15th & Platte  
1971E: Two Sun., 3-6 PM Begins 3/24

## Designing Your Photographs

Have you been taking pictures but not creating beautiful images? Improve your photographic skills by studying with an award-winning commercial photographer. 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 as their in-house photographer, he now focuses on fine-art photography. His work is on display at the Great Western Art Gallery in downtown Denver.

\$91 Non-Member      \$79 Member  
**CFU LOWRY:** Near 1st & Quebec  
1805AS: Three Tue., 7-9 PM Begins 1/8  
1805AT: Three Tue., 7-9 PM Begins 2/5  
1805AU: Three Tue., 7-9 PM Begins 4/9

## Macro Photography Workshop

The lacy pattern of a dragonfly's wing, the patina of an autumn leaf, a delicate squash vine tendril—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), join this fun workshop to explore the art of macro photography. Meet in the classroom for the first session and 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 with fellow classmates and the instructor photographing whatever captures your mini-fancy. **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 and materials fees.

\$110 Non-Member \$98 Member

\$5 materials fee payable in class

\$12.50 entrance fee to Botanic Gardens

**CFU LOWRY:** Near 1st & Quebec

1425K: Two Sat., 9 AM-noon Begins 4/20

1425L: Sat. & Sun, 9 AM-noon Begins 5/18

## 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 techniques that pros use to capture great pictures. 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 in order to take pictures that are sure to impress. Learn techniques such as framing with a frame, when to use fill flash, taking pictures from reflections, using manual settings for more versatility, and how to use natural lighting for dramatic effect. He'll also share some options for low-cost methods to create a full-color, hardcover photo book of your images.

\$132 Non-Member \$120 Member

**CFU LOWRY:** Near 1st & Quebec

1426AH: One Sun., 9 AM-3 PM 2/10

1426AI: One Sun., 9 AM-3 PM 3/3

1426AJ: One Sun., 9 AM-3 PM 4/7

## 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. From New England to Colorado, he has worked and trained alongside some of the most well respected portrait specialists in the country. Bring a digital camera of any type—DSLR or point and shoot. **Note:** This is not a beginner camera class. You must know concepts like f-stop, shutter speed, depth of field, and how they work together to be able to successfully participate in class.

\$110 Non-Member \$99 Member

**CENTRAL DENVER:** I-70 & Washington

1927F: One Sun., 10 AM-3 PM 1/27

1927G: One Sun., 10 AM-3 PM 2/24



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## Budget Lighting for Photographers

### Savvy Solutions for Pro Results

Lighting is key to photography. Although professional lighting is extremely expensive and can be intimidating to use, there are options for the creative photographer on a budget. 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. We will discuss the unique properties of each "homemade" light source, including color temperature, quality of light and output. **Tim Morehead**, founder of Colorado Photography and Video Workshops, has been a professional photographer since 1984. Bring a digital camera of any kind.

\$110 Non-Member \$99 Member

**CENTRAL DENVER:** I-70 & Washington

1929F: One Sat., 10 AM-3 PM 1/26

1929G: One Sat., 10 AM-3 PM 2/23

## NEW! Basic Digital Photography Workshop

### Let's Take Some Real Pictures

You've got a digital camera—now let's really find out what you can do with it. This class covers all the basics of rudimentary digital camera operations such as shutter speed, aperture, ISO, and how they work together, the flash, and camera settings, like automatic, time value priority exposure, manual, bulb, and when to use them. Discover basic rules of composition such as rule of thirds and how to create depth. Then really start working with the principals introduced by taking your own images and learning by doing. Each week will have homework assignments to give you lots of practice. Class also covers how to download and store photos (you really shouldn't store thousands of images on your memory cards!) and contemporary ways to process and share images, including posting them online and making prints. **James Dewhirst** has an MFA in Photography, and is a working professional photographer and artist. He has taught high school and college students in Santa Barbara, CA. Bring a digital camera and its manual—any kind is okay, but a DSLR is best. This is an excellent beginner's course.

\$141 Non-Member \$129 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1881A: Four Wed., 6-8 PM Begins 1/30

1881B: Four Mon., 6-8 PM Begins 3/18

## 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, from basic features like time and date to intermediate features like setting white balance and controlling flash power. Bring your manual and plenty of questions to this highly interactive class.

**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

1427AC: One Thu., 6-9 PM 2/7

1427AD: One Thu., 6-9 PM 3/7

1427AE: One Thu., 6-9 PM 4/4



## NEW! Cell Phone Photography

### Great Pictures are in Your Pocket



©scanrail | istockphoto.com

Chances are these days that if you've got a cell phone, you've got a terrific digital camera as well. Even professional photographers and artists are using them to take amazing photos that can't easily be distinguished from those taken with expensive DSLRs. Bring your cell phone with camera (any kind) and learn how to take some great photos with it. Study some basic photography pointers (such as rule of thirds, framing, etc) and learn how to make crucial changes to the settings to adjust the flash, take macro shots, zoom, tap focus, and more. One of the coolest things going for cell phone photography is image processing: find out about some of the more interesting apps for iPhone and Android and how you can use sites like Instagram to share with friends and family. **James Dewhirst** has an MFA in Photography, and is a working professional photographer and artist. He has taught high school and college students in Santa Barbara, CA before moving to

\$56 Non-Member      \$44 Member  
\$2 materials fee payable in class  
**CFU LOWRY:** Near 1st & Quebec  
1880A: One Mon., 6-9 PM 1/28  
1880B: One Mon., 6-9 PM 3/4  
1880C: One Sun., 2-5 PM 4/7

## 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  
1828V: Two Sat., 10 AM-12:30 PM Begins 3/9

## 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 OSX, 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 Macs for 25 years.

\$51 Non-Member      \$39 Member  
**CFU LOWRY:** Near 1st & Quebec  
7101K: One Fri., 10 AM-noon 1/4  
7101L: One Fri., 10 AM-noon 3/22

## 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 OSX, 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  
7100J: One Fri., 10-11:30 AM 1/11  
7100K: One Sat., 10-11:30 AM 4/20

## Master Your Mac!

Understanding and learning how to do more with your Mac can be a lot of fun! Join this relaxed two-session class in a lovely Cherry Creek home, and learn Mac tips, tricks, and techniques that will get you using your Mac with ease and efficiency. Explore exciting new features of the latest operating system and iCloud. This class is perfect for Mac newbies, intermediate Mac users, and anyone overwhelmed by new technology. You'll leave able to confidently find your way around and expand your use of your Mac. Your Mac-mentor, **Maria Arapakis**, is a psychologist, trainer, keynote speaker, and author. She has 30 years experience teaching and motivating adults around the world and almost three decades as an enthusiastic power user of all things Apple. Class size is limited. Please bring your Mac laptop. If you only have an iMac (desktop Mac) let us know and you may be able to use Maria's laptop during the class.

\$121 Non-Member      \$109 Member  
**CENTRAL DENVER:** 6th & St. Paul  
3520X: Two Wed., 7-9 PM Begins 1/2  
3520Y: Two Tue., 7-9 PM Begins 2/5  
3520AA: Two Sat., 10 AM-noon Begins 3/16  
3520AB: Two Tue., 7-9 PM Begins 4/16  
3520AC: Two Sat., 10 AM-noon Begins 5/11

## Have More Fun with Your iPad!

Have an iPad but aren't sure how to deal with its challenges and options? Join this relaxed two-session class, learn your way around this wonderful computing technology, and have fun in the process! Discover tips, tricks, and techniques that will help you get more from your iPad, including what iCloud can do for you and the "must-have" apps. Your iPad-mentor, **Maria Arapakis**, is a psychologist, trainer, keynote speaker, and author, and teaches this class in her lovely Cherry Creek home. She has 30 years experience teaching and motivating adults around the world and almost three decades as an enthusiastic power user of all things Apple. Class size is limited. Please bring your iPad.

\$101 Non-Member      \$89 Member  
**CENTRAL DENVER:** 6th & St. Paul  
3524U: Two Sat., 9-11 AM Begins 1/5  
3524V: Two Sat., 10 AM-noon Begins 2/23  
3524W: Two Tue., 7-9 PM Begins 3/19  
3524X: Two Sat., 10 AM-noon Begins 4/13  
3524Y: Two Wed., 7-9 PM Begins 5/22

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.

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## 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.

**Don't forget to bring your confirmation email/ticket with you to class!**

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## Register Now!

### Online...

Visit our website: [freeu.com](http://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.

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:
<b>Circle Optional Membership Fee:</b> \$25 Annual Individual Membership OR \$50 Family OR \$75 Company		Optional Membership Fee: (Circle one) <b>\$25/\$50/\$75</b>
Most material fees are paid to the instructor in class. For <b>Spanish</b> classes, please include an additional \$10 or \$20 for fees.		Spanish Classes Fee: (Circle one) <b>\$10 or \$20</b>
<b>Payment Total</b>		

## January 4

### World Hypnotism Day

Take this opportunity presented by CFU and Eastburn Hypnotherapy Center to sample the benefits of hypnosis **Lynsi and Drake Eastburn** are award winning hypnotherapists, instructors, authors, and motivational speakers

\$31 Non-Member \$19 Member

**CFU LOWRY:** Near 1st & Quebec

8966G: One Fri., 7-9 PM 1/4

### Beginning Irish Dance For Adults!

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. **Martin Percival**, former principal dancer with "Lord of the Dance" and "Riverdance", will show you how easy it is to learn the basics.

\$62 Non-Member \$50 Member

**WEST DENVER:** 6th Ave & Federal Blvd

2118P: Four Wed., 7-8 PM Begins 1/9

### Twitter, Blogging, & Lawsuits Intro to Online Marketing Law

If you have your own business as a social media manager or website developer, come learn how to stay within legal bounds. Attorney **Elizabeth Lewis**.

\$51 Non-Member \$39 Member

\$4 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

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

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

Looking to remodel your kitchen and want to visualize options? Just how would your house look with a wrap-around porch or new garage? Sketchup is a dynamic, free software program that just about anyone can use to accurately build 3D architectural or design models. In class, download a Google Maps image of your property (if working on exterior) and learn step-by-step exercises to build a design while mastering basic Sketchup skills. Google provides tons of "components" like tree, plants and furniture that you can use to really bring your design to life. **Matt Hodel**, a Sketchup specialist, explains how to avoid potential pitfalls and increase your workflow. 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

**CFU LOWRY:** Near 1st & Quebec

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

1924G: One Sat., 9 AM-4 PM 3/16

## Colorado Free University

7653 E. 1st Place

Denver, CO 80230

303-399-0093

OR CURRENT OCCUPANT

PRSR STD U.S.  
POSTAGE  
PAID  
DENVER CO  
PERMIT NO. 419

DATED MATERIAL

## January Specials!

### NEW! Develop Your Psychic Brilliance

**Karen Storsteen**, M.S. is known for her rare combination of talents as a psychic-medium, psychotherapist, executive coach, management consultant, and public speaker. People from all walks of life seek Karen's counsel and intuitive acumen to find clarity and peace of mind. She has found missing people, helped solve crimes, grown and turned around businesses, and provided insights and loving support to improve relationships, careers, health, and personal well-being. Join Karen for an uplifting event where you will experience first hand the benefits of Karen's abilities and gain tools and methods for developing your own intuition. Learn cutting-edge findings in science that explain how psychic ability and mediumship work and learn the secrets of the afterlife. Take an assessment and practice using intuitive methods to solve your own problems or make decisions. On radio Karen is known for providing "Karen's Insights" to callers around the world and has taught thousands how to heighten their intuitive intelligence. Founder of Performance by Design, LLC, she has worked as a management and human development consultant and coach for 25 years. One of her greatest talents is connecting the living to loved ones who have passed. Her clients find that this helps them gain resolution, heal, and have faith that the soul lives on. Karen will do brief psychic readings for attendees as time permits.

\$71 Non-Member \$59 Member | \$1 materials fee payable in class

**EAST DENVER:** 2nd & Quebec

8901A: One Sat., 9 AM-noon 2/9



### 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** 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

1458BA: One Sat., 10 AM-4 PM 1/19

### 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.

\$171 Non-Member \$159 Member

\$5 materials fee payable in class

**CFU LOWRY:** Near 1st & Quebec

1167U: Six Sun., 3-5 PM Begins 1/20