

Italian Bistro

February 15

3-hours; \$49, Wednesday,
6:00-9:00 p.m. at WCCC*

Instructor: Randy Swanson

Quick and easy Italian doesn't have to come from the freezer or delivery! Find out how easy and enjoyable it is to make meals everyone will love. Join Randy to learn how to prepare simple and delicious Italian appetizers, entrees and desserts.

Mexican Fiesta

April 18

3-hours; \$49, Wednesday, 6:00-9:00 p.m. at WCCC*
Instructor: Chef Bruce Faulkner

Get ready for Cinco De Mayo! Warm up your spring with some heat from South of the Border. Chef Bruce Faulkner will teach you how to make an authentic Mexican meal!

Beginning Watercolor Painting

April 12-May 3

12-hours; \$109, Thursday, 1:00-4:00 p.m. at Hi-Ed
Instructor: Celia Knapp

For those who have little or no experience in painting with watercolors. Learn about watercolor materials, basic color theory, design elements, and various subject matter. Watercolor techniques will be demonstrated. Beginning materials are included in the price.

The Council prints a catalog three times a year listing credit and non-credit course offerings in Warren and Forest Counties. It is available by calling Hi-Ed at 814-723-3222.

Hi-Ed Course Cancellation Policy*

- Registration cancelled three (3) business days or more prior to class start date will receive full refunds.
- Registration cancelled less than three (3) business days prior to class date will receive a credit towards another registration.
- No shows without cancellation notification are subject to the full registration fee.



The mission of the Warren/Forest Higher Education Council is to identify, implement, and coordinate educational and employment training opportunities for the citizens of Warren and Forest Counties.

Warren Forest Higher Education Council
589 Hospital Drive, Suite F
Warren, PA 16365



PERSONAL ENRICHMENT



College & University Center

Warren Forest

Higher Education Council

Your Access to Lifelong Learning

589 Hospital Drive, Suite F, Warren, Pa.

814-723-3222

www.hi-ed.org

Registration Form

Name _____
 Address _____
 City/State/Zip _____
 Please provide contact information in case of cancellation or emergency.
 Work Phone _____
 Home Phone _____
 Cell Phone _____
 E-mail Address _____

I want to receive Hi-Ed information by e-mail.

Please register early to assure a seat in the class you wish to enroll!

You will not be registered for a class until payment is received. Minimum enrollment must be met before class can run. Students will be notified by phone or mail, if class is cancelled. Hi-Ed reserves the right to withdraw, cancel, reschedule, or modify any course or program of study.

Please accept my registration and payment for:

The Land Gardens of Claude Monet, \$29 _____
 February 2

The Water Gardens of Claude Monet, \$29 _____
 February 9

Sport Psychology:

Performance Enhancement Techniques, \$29 _____
 February 6

Personal Growth and Development, \$29 _____
 February 13

Leadership and Team Dynamics, \$29 _____
 March 7

Zumba, \$49 _____
 February 9-April 12

Italian Bistro, \$49 _____
 February 15

Mexican Fiesta, \$49 _____
 April 18

Beginning Watercolor Painting, \$109 _____
 April 12-May 3

TOTAL AMOUNT DUE _____

Make checks payable and mail to:
 Warren Forest Higher Education Council
 589 Hospital Drive, Suite F, Warren, PA 16365



Hi-Ed 2012 Spring Schedule
 Call 814-723-3222
 Visit us online at www.hi-ed.org
 Warren Forest Higher Education Council • College & University Center

Personal Enrichment



The Land Garden of Claude Monet

February 2
 2-hours; \$29, Thursday, 6:30-8:30 p.m. at Hi-Ed
 Instructor: Celia Knapp

Claude Monet was one of the foremost Impressionist painters. Many people do not know that he was also a world renowned horticulturist. The gardens, Clos Normand, enclosed within the walls surrounding his house, will be shown using many photographic examples. We will visually take a walk through the gardens to discuss his beautiful flowers, garden designs, painting inspirations, and horticultural ideas.

The Water Garden of Claude Monet



February 9
 2-hour; \$29, Thursday, 6:30-8:30 p.m. at Hi-Ed
 Instructor: Celia Knapp

Did you know that Claude Monet was also a world renowned horticulturist? An extensive water garden was installed across the railroad tracks from his house and land gardens. The development of the large pond, the installation of many bridges, and his choices for trees and flowers will be discussed with many photographic examples. The overall design for the water garden is a very different approach than used in the Clos Norman and was influenced by Japanese art.

*Warren County Career Center,
 347 East 5th Ave., Warren

Sport Psychology

Performance Enhancement Techniques



February 6
 3-hours; \$29, Monday, 6:00-9:00 p.m. at Hi-Ed
 Instructor: Pan Fanaritis

Training your mind can help improve your physical performance. Explore the dynamic of mind-body synergy through relaxation, visualization, arousal control, broad and narrow focus.

Personal Growth and Development

February 13
 3-hours; \$29, Monday, 6:00-9:00 p.m. at Hi-Ed
 Instructor: Pan Fanaritis

An Athlete's success is built on their self-perspective. Discover how to improve your performance through goal-setting, self-confidence, expectations and perspective.

Leadership and Team Dynamics

February 20
 3-hours; \$29, Monday, 6:00-9:00 p.m. at Hi-Ed
 Instructor: Pan Fanaritis

Why doesn't the best team always win?
 Leadership and team cohesion are integral aspects in the development of successful teams. These sports concepts are also important for success in business, industry and education.

Zumba

February 9-April 12
 10-hours; \$49, Thursday, 6:00-7:00 p.m. at WCCC*
 Instructor: Bethany Ash

Get in shape in this dynamic and exciting program. Zumba infuses dance moves with Latin-inspired music to create an effective fitness program.

Explore More Hi-Ed Spring Course Offerings at www.hi-ed.org