

HEALTHCARE

Hatha Yoga

For beginners or experienced students of yoga, gain greater flexibility, strength, tone, balance and improved overall health. Variety of postures and relaxation techniques with focus on proper alignment and breath awareness. Wear comfortable clothing and bring yoga mat.

CEH-457-01	OTC Campus	5:30-7:30pm	\$79
Mon/Wed	9/14 - 10/7	Girardot	
CEH-457-70	Branson	5:30 - 7 pm	\$79
Tuesday	10/6 - 11/24	Castaneda	

Massage Therapy and it's Benefits

This course is designed to present an overview of the history, benefits, techniques, precautions, and career opportunities in the growing field of therapeutic massage. The course will include a demonstration of a full body massage and hands-on instruction for those who wish to participate. Bring a pillow, clean sheet and hand towel.

CEH-490 -01	OTC Campus	6:30-8:30 pm	\$99
Wednesday	9/30 - 11/18		

Meditation

Learn the art of meditation for relaxation and improvement of mental, emotional, and physical health. Practice three different forms of meditation: guided, walking and silent. These techniques help to calm the mind and look deeply at thoughts and feelings.

CEH- 519-01	OTC Campus	6 - 8 pm	\$59
Tuesday	9/22 - 10/13	Gardiner	

Mental Conditioning for Athletes Skills

Athletes- or those striving to become more active and successful in your endeavors - learn the 5 mental skills required for enduring success in sports. Learn how to control the mental aspect of the game while enhancing your physical outcome.

CEH-299-01	OTC Campus	6 - 8 pm	\$59
Tuesday	9/22 - 10/20	Moon	

Self Hypnosis

Achieve your goals! Learn how to enter a state of self hypnosis and use the power of visualization to affect your mental and physical wellbeing. Achieve your goals!

CEH-506-01	OTC Campus	6 - 8 pm	\$29
TTH	10/27 - 10/29	Moon	

Interested in teaching a non credit class?

E-mail us at continuinged@otc.edu for a course proposal form.

Certified Nurse Assistant

Prerequisite: Must be registered by a facility for class.

This class meets requirements of MO Dept. of Health and Senior Services to be a CNA. Must be 18 years of age and employed in a long term care facility. Upon completion of the class, student is eligible to take exam to become a Cert. Nurse Assistant in MO. Students must wear light colored scrubs, white shoes, stethoscope and watch with 2nd hand to classes. *Bring required book to class.* Final exam cost \$99.

CEH-453-02	Lincoln Hall	7:45 am-2:15 pm	\$399
Mon/Wed	10/19 - 12/2	Duvall/Mann	BOOK

Comprehensive CNA

This basic combination class meets the classroom and clinical requirements for the MO Department of Health and Senior Services to be a CNA. Must be 18 years of age and employable in a long term care facility. Students will wear light-colored scrub uniforms, white shoes, stethoscope and watch (with a second hand). Prior to clinical portion of class, these documents are required: rubella immunity/immunization, negative TB skin test performed within the previous six months, personal physician's statement that student is free from any contagious chronic illness Health forms may be obtained at Continuing Education at 800 East Central. Criminal background check and urine drug screen included in the cost of the course. Upon completion of the class, the student will be eligible for final exam (for additional fee) to become a Certified Nursing Assistant through the MO Department of Health and Senior Services.

CEH- 450-01	Lincoln Hall	7:45 am-2:15 pm	\$1399
Tue/Thur classes	8/20 - 10/8	Duvall/Mann	
Mon/Wed/Fri Clinical hours		6:30am-3:00pm	Book Required

Healthcare Math Review

This class is MANDATORY and is specifically designed for CMT and Pharmacy Tech students to prepare for math portion of courses. Book included.

CEH-101-01	Lincoln Hall	5:30-8:30 pm	\$49
MTW	8/24, 25, 26	Williams	