

LIFE



Understanding Wildlife in Your Community **NEW**

Learn how to identify and interact with wildlife and gain an understanding of the legal responsibilities of citizens regarding wildlife. You will be taught by, interact with, and build relationships with some of the foremost experts in wildlife and wildlife rehabilitation. Receive information on mammals, bird and reptile species including identification, environmental issues, care and nutrition, and much more.

Instructors: Provided by Career Development Institute (CDI)

Tuition: \$59 + general fee \$240. Total \$299

COAC 004-01 Saturdays, 9 a.m.-4 p.m., October 21, 28, November 4

Crime Scene Investigation and Interrogation Techniques **NEW**

CEU 0.7

Designed for both civilians and law enforcement, this class will help you understand the proper way to secure and preserve a crime scene. Become familiar with evidence collection and how to maintain the chain of custody. Through the use of videos and interactive media, learn about interview techniques that will assist you in identifying verbal and nonverbal clues indicative of an individual who may not be telling the truth. Become familiar with a variety of investigative techniques including:

- Identification and preservation of the scene
- Evidence identification, marking and preservation
- Photographic documentation of the scene
- Insuring admissibility of evidence through proper chain of custody
- Transporting evidence to the appropriate designated lab
- Nine steps of effective interviewing.
- Indicators of potential deception.

Instructors: Provided by Career Development Institute (CDI)

Tuition: \$28 + general fee \$111. Total \$139

GCSI-001-01 Saturday, 9 a.m.-5 p.m., (1 hr. lunch) October 7

Social Media 101: Facebook, Instagram, Twitter and Skype

CEU 1.2

If you know nothing or almost nothing about social media, particularly the four major social media platforms, this course is for you! We welcome everyone – from those with absolutely no experience to those with just a little knowledge. Explore the basics of safely setting up a profile and account, finding people and sharing content. Join the 21st century and learn the meaning of hash tagging, friending, liking and tagging. It's all about communication – with friends, family, colleagues and associates! Learn to upload photos, participate in video chats, transform everyday photos and videos into works of art, keep up with your favorite celebrities or locate long lost friends. Register today and don't let the social media tsunami leave you behind.

Prerequisite: Familiarity with the internet.

Instructor: V. Dougba

Tuition: \$109 + general interest \$30 + laboratory fee \$20. Total \$159

GESM 001-05 Mondays & Wednesdays, 6:30-9:30 p.m., November 27, 29, December 4, 6



REGISTER NOW!

Register now with your
Visa, Master Card, Discover/Novus

Call 732.906.2556





Stop Smoking with Hypnosis

Smoking cessation is easily and painlessly achieved in a one-hour session through hypnosis, recognized by the American Medical Association for its therapeutic effects.

PLEASE NOTE: Bring a small pillow to class. Reinforcement CDs are recommended – available in class for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center

Tuition: \$15 + general fee \$40. Total \$55

GHEL 055-63 Tuesday, 6:30-7:30 p.m.,
September 26

Lose Weight with Hypnosis

Hypnosis can be an effective and empowering technique for managing weight loss. This class will teach you how!

PLEASE NOTE: Bring a small pillow to class. Reinforcement CDs are recommended – available in class for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center

Tuition: \$15 + general fee \$40. Total \$55

GHEL 056-63 Tuesday, 7:30-8:30 p.m.,
September 26

Better Sleep with Hypnosis **NEW**

Do you have difficulty falling asleep? Do you have difficulty getting back to sleep if you wake up during the night? Imagine leaving life's cares and worries behind at the end of each day. Learn relaxation techniques and strategies to fall asleep easier.

PLEASE NOTE: Bring a small pillow to class. Reinforcement CD is strongly recommended and available for purchase for \$18.

Instructor: B. Wolfson, Hypnosis Counseling Center,

Tuition: \$15 + general fee \$40. Total \$55

GHEL 060-01 Tuesday, 8:30-9:15 p.m.,
September 26

Pet First Aid for Dogs and Cats

CEU 0.4

Receive information and skills practice in pet first aid for dogs and cats. Topics include: recognizing an emergency with your pet, Pet CPR, choking, diabetes, ticks, bee stings, bleeding, administering medication, poisoning, diseases and much more. Successfully complete the course and receive a course completion card.

PLEASE NOTE: An additional charge of \$10 for book and certification, made payable to "Community Safety Consultants" is due at the beginning of class. Class meets at Community Safety Consultants, Metuchen First Aid Squad, 1 Safety Place, Metuchen.

Tuition: \$25 + general fee \$50. Total \$75

COVA 007-23 Thursday, 6-10 p.m., September 28

COVA 007-24 Saturday, 9 a.m.-1 p.m., November 4

Defensive Driving - Driver Point Reduction

The NJ Motor Vehicle Commission will apply a two-point reduction toward existing points on your driving record with successful completion of this course. All defensive driving courses meet at the Metuchen First Aid Squad, 1 Safety Place, Metuchen. An additional \$10 fee is payable to the instructor, Community Safety Consultants.

PLEASE NOTE: Be on time. Students cannot be admitted if they are 15 minutes late.

Tuition: \$35 + general fee \$64. Total \$99

GENI 060-30 Saturday, 8:45 a.m.-4 p.m.,
November 4



Hatha Yoga: Beginner

Hatha Yoga will help you achieve a state of mind and body relaxation through deep breathing techniques and yoga postures that help you to gain flexibility and tone your body.

PLEASE NOTE: As always, consult with your physician before starting any new exercise program. Please bring a yoga mat to ALL classes and plan to arrive 10 minutes prior to class time to set up your spot.

Tuition: \$100 + general fee \$54. Total \$154

GFIT 004-45 Wednesdays, 6:30-7:30 p.m.,
September 13-December 20 (no class November 22)
(14 sessions)

Beginner's Latin and Ballroom Dancing for Adults

This class is a combination of the four most popular ballroom and Latin dances. Learn the waltz and the tango and impress your friends at their wedding or your next social affair. Dance to the beat of awesome Latin music and learn the basics of salsa and cha-cha, in only six weeks. This class is a beginner level and you do not need any prior dance experience. Partners are preferred but not required. Class space is limited. Register now to reserve your spot.

Instructor: Dance Passion NJ, LLC

Tuition: \$100 + general fee \$50. Total \$150

GDAN 348-13 Mondays, 7-9 p.m., September 18-
October 30 (no class October 9) (6 sessions)

Guitar for Beginners

Would you like to learn how to play the guitar quickly and easily? Bring your acoustic guitar (not classical or electric), a pick, a notebook, a folder, a pencil, and your favorite songs to class and learn about rhythm, strumming, finger picking and chord formation. Other topics include tuning a guitar, using a capo, transposing songs, and how to coordinate singing and playing simultaneously. Work together as a group and also individually. Types of music include country, rock, pop, traditional and contemporary music.

Instructor: J. Cimaglia

Tuition: \$100 + general fee \$24. Total \$124

GMUS 009-15 Thursdays, 6:30-9 p.m.,
September 21-October 26 (6 sessions)

Guitar for Beginners II

If you have some knowledge of how to tune an acoustic guitar (not classical or electric), play chords and keep a rhythm, this course is for you. If you have already taken the Guitar for Beginners course, continue to advance your skills. We will pick out notes, improve strumming, develop finger picking, and work on singing. Build a repertoire of country, rock, pop, and traditional music. Bring a binder for hand-outs and worksheets, a capo for transposing songs, and a guitar strap for your guitar.

Instructor: J. Cimaglia

Tuition: \$100 + general fee \$24. Total \$124

GMUS 010-11 Thursdays, 6:30-9 p.m.,
November 2-December 14 (no class November 23)
(6 sessions)