



Western Nebraska  
Community College

# Business & Community Education UPCOMING CLASSES & EVENTS

Visit [wncc.edu/bce](http://wncc.edu/bce) for more information or to sign up for our monthly newsletter.  
*Most classes are held at the John N. Harms Center.*



## BE YOUR OWN HANDY MA'AM

NOV 2, 7, 9, 14 & 16 (M, W)  
6:00 – 8:30 P.M.  
\$45  
JOHN N. HARMS CENTER

Ladies, if your husband is too busy or you don't want to hire a handyman to repair that hole in the wall, squeaky hinge, or that light switch that just doesn't work anymore, why not do it yourself? Learn the importance of and how to change a furnace filter, swap light switches, repair a hole in the drywall, and find the best tools for the job. We demystify toilet leaks and discuss whether fixing a faucet or replacing it is right for you. You learn how to replace your own sprinkler heads and much more! Get to know your house and how to take care of it by joining your friends and signing up for this fun, new, class. Prepare to get paint on your clothes, dirt on your hands, and maybe even break a nail.

**OSHA 10-Hour General  
Industry Training**  
Oct 3, 8:00 a.m. – 5:00 p.m.  
Oct 4, 8:00 a.m. – 12:00 p.m.  
\$225

**OSHA 30-Hour General  
Industry Training**  
Oct 3, 4, 5 & 7  
8:00 a.m. – 4:30 p.m., \$525

**Ko Heichi Fitness  
Kickboxing & Bushidokan**  
Oct 3 – Nov 30 (M, W)  
Fitness Kickboxing (Ages 16+)  
5:30 – 6:30 p.m.  
Bushidokan (Ages 7+)  
6:30 – 7:30 p.m.  
Single: \$30, Family: \$45 (up to 4)

**Intro to Facebook  
for Business**  
Oct 4 & 6  
6:00 – 9:00 p.m., \$30

**CPR/First Aid**  
Oct 5, 1:00 – 4:00 p.m., \$45

**Driver's Education**  
Ages 14 - 17  
Oct 3 – Nov 7 (M, W)  
6:00 – 8:00 p.m., \$195

**Passport Passengers**  
Oct 6 – Nov 17 (TH)  
10:00 a.m. – 12:00 p.m.  
\$12/session

**Pickleball**  
Oct 8, 10:00 a.m. – 12:00 p.m.  
Oct 11, 6:15 – 8:00 p.m.  
FREE! Terry Carpenter Center

**Intro to Word**  
Oct 10 – 24 (M, W)  
6:00 – 9:00 p.m.  
\$112.50, plus book  
(Gold Card: \$17.50, plus book)

**Intermediate Facebook  
for Business**  
Oct 11 & 13  
6:00 – 9:00 p.m., \$30

**Bob Ross Painting**  
Oct 15, Nov 19, or Dec 17  
9:00 a.m. – 4:00 p.m., \$60

**Smartphone Photography**  
Oct 18, 9:00 a.m. – 12:00 p.m.  
or Nov 8, 6:00 – 9:00 p.m., \$15

**Facebook & Beyond  
for Business**  
Oct 18 & 20  
6:00 – 9:00 p.m., \$30

**Intermediate Sign Language**  
Oct 18 – Nov 15 (T)  
6:00 – 9:00 p.m., \$30

**Women as Warriors**  
(Women's self defense)  
Oct 26, 6:00 – 9:00 p.m., \$20

**Skype™**  
Nov 1, 9:00 a.m. – 12:00 p.m.  
or Nov 15, 6:00 – 9:00 p.m.  
\$15

**True Colors Personality  
Assesment**  
Nov 2, 8:30 a.m. – 12:00 p.m.  
\$20

**Exploring Website &  
Blogging Opportunities for  
Small Business Owners**  
Nov 9, 6:00 – 9:00 p.m., \$15

**Beginning Excel**  
Nov 7 – 21 (M, W)  
6:00 – 9:00 p.m.  
\$112.50, plus book  
(Gold Card: \$17.50, plus book)



## BE HAPPY, LIVE LONGER

OCT 5, 9:00 A.M. – 12:00 P.M.,  
\$10, JOHN N. HARMS CENTER

Being happy, laughing, and having a positive attitude will add years to your life. The quest for true happiness is not really a quest at all, but a decision and a choice. Explore 10 simple ways to find happiness and enrich your life. Do you realize that you need to laugh at least 15 minutes a day to help maintain good health? Laughter not only helps us feel more alive and empowered mentally, but it has many physical benefits as well. Some of these physical benefits include boosting the immune center, counteracting the harmful effects of stress, relaxing the muscles, improving circulation, and providing natural pain relief. Connect with your three centers of laughter and change your attitude in 45 seconds. Learn the six daily practices to prevent hardening of the attitudes to develop a more cheerful and optimistic outlook on life. Come have fun as you experience how to be happy, to laugh and to change your attitude.

**COMPUTER SECURITY 101**  
OCT 17 \* 6:00 – 8:00 P.M. \* FREE! \* SCOTTSBLUFF CAMPUS \* ROOM D1  
Hands-on, entry-level adventures for security newbies! (We've told the know-it-all security pros to stay home). Free workshop in application security. Learn about application vulnerabilities and the different types of application attacks and defenses. Live demos give you first-hand experience in an app environment.

For more information or to register,  
call **308.635.6700** or visit [wncc.edu/bce](http://wncc.edu/bce)!