

# Northwest Indian College Xwlemi Elh>Tal>Nexw Sgul

## Community Education and Training

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## An invitation from the Office of Community Education and Training

Susan Given-Seymour, Director of Outreach and Community Education invites you to register for and participate in a variety of community education courses and training opportunities offered this winter. The course offerings are low cost to help meet the needs of the communities served. Courses to be offered this winter cover a variety of topics including but not limited to; health and wellness, financial literacy, native language and culture, and physical fitness.



Photo taken at the "Weavers Teaching Weavers" Conference 2006

# Health and Wellness

## COMH 288U

### Herbs for Relaxation: The Art of Self-Care

Discover the pleasure of using bath salts, herbal teas and aroma therapy for self-care during the long winter months. Under the guidance of Vanessa Cooper, you will use herbs, salts and oils to create your very own self-care package.

**Th 01/24/08**      **Location: CAC**      **Instructor:**  
**1:00-3:00**      **Fee: \$15.00**      **Vanessa Cooper**

#### Fee is \$15.00 per person.

Class fee includes handouts and materials for you to make a self-care package to take home.



## COMH 188U Lotions and Lip Balms

Learn how to create your own lotion and lip balm using all natural products. With help from volunteers in the class room.

Vanessa Cooper will demonstrate how to make lotion and lip balm from scratch. Fee includes all supplies, packaging and labels. Everyone will be able to take a jar of lotion and a tube of lip balm home.

**Th 02/21/08**      **Location: CAC**      **Instructor:**  
**1:00-3:00**      **Fee: \$20.00**      **Vanessa Cooper**

#### Fee is \$20.00 per person.

Class fee includes handouts and materials for you to make a self-care package to take home.

## For more information contact:

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# Financial Literacy

## **BUAD 188U Building Native Communities: Financial Skills for Families**

Gain valuable financial skills and tools that will equip you in your personal, family and professional financial decisions. Participants will learn to develop spending plans & a family budget, manage checking and savings, importance of credit & your credit report and accessing credit. Participants will learn the importance of healthy financial habits and will be encouraged to share their financial skills with their families and communities.



**January, 16 & 17, 2008**  
**Wednesday & Thursday**  
**10:30-2:30 pm**  
**Lummi Ventures classroom**

**February, 11 & 12, 2008**  
**Monday & Tuesday**  
**10:30-2:30 pm**  
**Lummi Ventures Classroom**

**Total Class Time is 8 hours**

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# Native American Studies



DEPT	#	SEC	COURSE TITLE	CR	DAY	TIME	BLDG/RM	INSTRUCTOR
NASD	101U	A	Native Language I - Lummi	3	TBA	TBA	TBA	John, W.
NASD	101U	B	Native Language I - Lummi	3	TBA	TBA	TBA	John, W.
NASD	188U	A	Contemporary Native Issues Sem	1	W	1:00-3:00 pm	CAC	Crazy Bull, C.
NASD	188U	C	Native Traditional Leadership	5	MW	9:00 - 11: 20 am	KW104	Prue, A.
NASD	188U	B	Tribal Land Tenure	3	M	5:30-8:30 pm	KW104	Oreiro, D.

# Physical Fitness

DEPT	#	SEC	COURSE TITLE	CR	DAY	TIME	BLDG/RM	INSTRUCTOR
PHED	124U	A	Bench Aerobics*	1	MWF	6:00-7:00 am	LFC	Finkbonner, B.
PHED	127U	A	Aerobics*	1	TR	12:00-1:00 pm	LFC	Phair, D.
PHED	137U	A	Strength Training *	1	MW	12:00-1:00 pm	LFC	Ligocki, D.
PHED	188U	A	Senior Tai Chi*	1	MW	11:00-12:00 pm	LBC	Stallings, B.
PHED	188U	B	Circuit Training*	1	MW	12:00-1:00 pm	LFC	Jefferson, S.
PHED	188U	N	Circuit Training*	1	MW	5:00-6:00 pm	LFC	Staff
PHED	188U	N1	Boxing*	1	MW	6:00-8:00 pm	LFC	James, J.
PHED	188U	N2	Martial Arts*	1	TR	6:00-8:00 pm	LFC	Stallings, B.
PHED	188U	N3	Spinning*	1	TR	5:00-6:00 pm	LFC	Sisco, L.



Community Participation-Lummi Kwina Mile 2007

# NWIC OFFERS FIRST BACHELOR'S DEGREE!



Northwest Indian College is proud to announce the **Bachelor of Science degree in Native Environmental Science**. The Native Environmental Science Bachelor Degree is intended to meet the critical need for effective Native American leaders and environmental scientists who are rooted in their culture. This program will emphasize and explore the interrelatedness of Native ways of knowing, traditional ecological knowledge and "western" science.

Prominent aspects of the program include hands-on learning and the involvement of students in community service, research and internships. The program will prepare graduates to work within tribal communities in support of environmental stewardship, conservation and revitalization.

This program was designed with considerable input from Pacific Northwest Tribal elders, leaders, environmental managers, educators and students.

For more information visit our Website at [www.nwic.edu](http://www.nwic.edu) or contact::

**Northwest Indian College**  
**Office of Admissions**

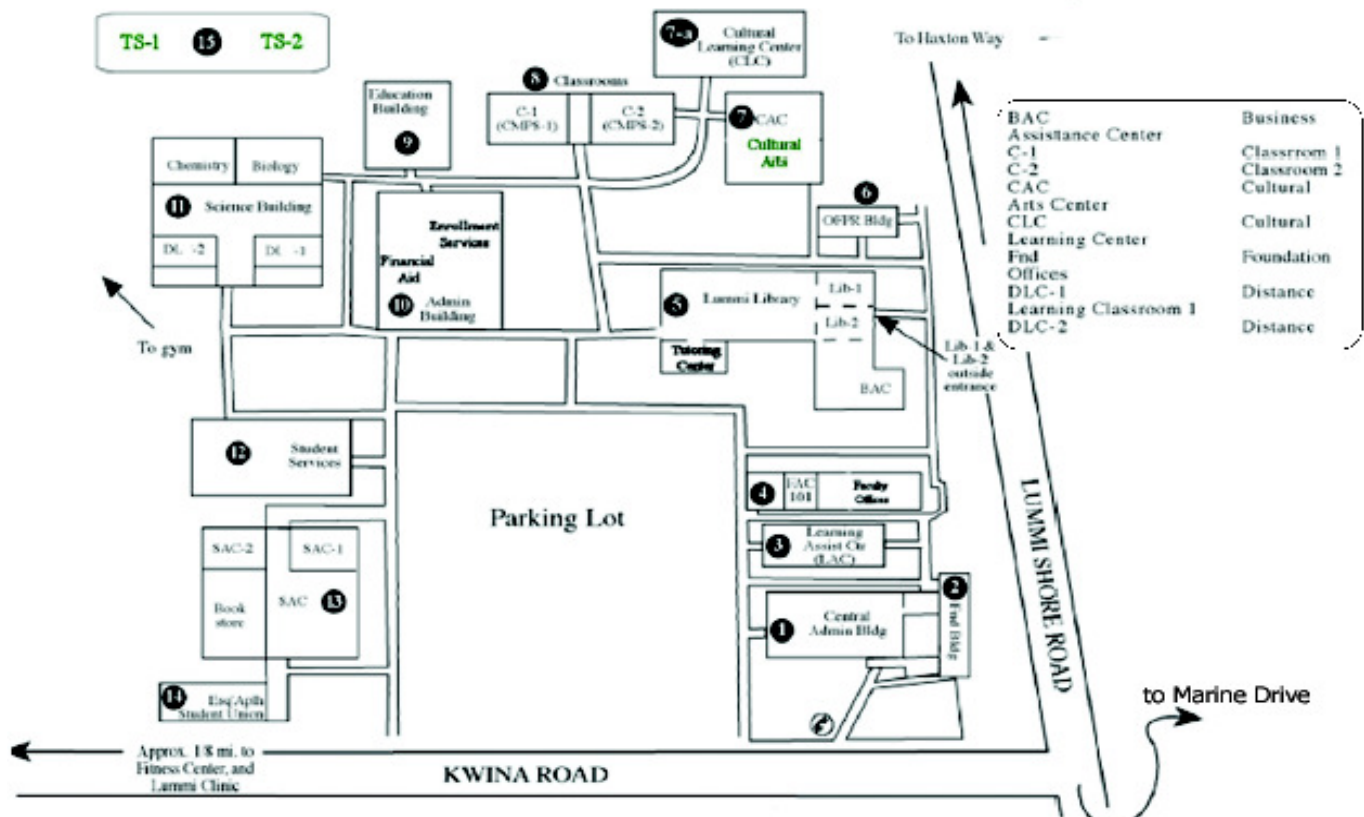
**WINTER QUARTER CLASSES**  
**BEGIN**  
**JANUARY 2, 2008**

# Northwest Indian College

Serving the Pacific Northwest



## Northwest Indian College • Lummi Campus



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**www.nwic.edu**

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