



Supermarket Swaps for Better Nutrition, page 18



DIY Upholstery, page 9



The ABCs of Backyard Chickens, page 11

INDULGE YOUR INTERESTS



Basic Scent Work for Dogs, page 13



West Texas A&M
UNIVERSITY™

EXTENDED STUDIES

Welcome, Lifelong Learners!

We have a wonderful semester of classes ahead, and I'm extending you the invitation to learn and give your brain some fun exercise! These courses are your chance to explore new hobbies, find new talents and learn from people with real-world experience and passion in a given area. We've found instructors you're sure to love and brought together classes in a variety of topics, with special attention to subjects you wouldn't have an opportunity to learn somewhere else. Come join us for a class, indulge your interests and meet new friends!



See you soon,
Andrea Porter, Director
WTAMU Extended Studies

3 WAYS TO REGISTER!

You can register online, by mail or in-person. Kids under 18 years old must register with an adult. For information on any of our classes, call our office at (806) 651-2037 Monday through Friday, 8 a.m. to 5 p.m. or visit wtamu.catalog.instructure.com

ONLINE REGISTRATION:

Register for a class anytime using Visa or Mastercard at wtamu.catalog.instructure.com

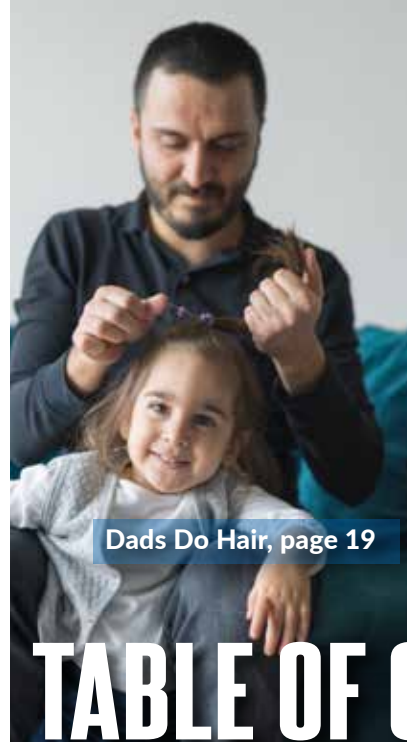
MAIL REGISTRATION:

Complete the registration form (on the inside back cover) and send with a check or money order made to WTAMU to:

WT Extended Studies
WTAMU Box 60185
Canyon, TX 79016

WALK-IN REGISTRATION:

Visit the Extended Studies Office in Old SUB Room 125 on the WTAMU Campus in Canyon from 8 a.m. to 5 p.m. Monday through Friday.



Dads Do Hair, page 19



Basic Square Dancing, page 1

TABLE OF CONTENTS

ARTS AND CULTURE

1-4

- Mastering the Recording Studio 2
- The History of Canyon's People and Places . . . 4

HOBBIES AND INTERESTS

5-13

- Blogging for Profit or Pleasure 5
- Card Magic for Beginners 8

PROFESSIONAL DEVELOPMENT

13-16

- Building Dazzling Events 13
- Paralegal Certificate Course 15

SELF AND FAMILY

17-23

- Kitchen Possible: The Master Class 17
- Massage for Migraines 21



Brunch for a Bunch, page 5

ARTS AND CULTURE

Conversational American Sign Language

Try your hand at a beautiful, artistic language while exploring the richness of deaf culture. You'll learn the alphabet and other basic conversation skills in this interactive class. This class is merged with the first five weeks of the degree-credit class, but registrants are not eligible for credit or to continue with the class.

Instructor:
Meredith Rathbone

5 Sessions:
Wednesdays,
Jan. 15 - Feb. 12
6:00 - 9:00 p.m.
WT Canyon
\$99



Biblical Allusions in Pop Culture

Join two dynamic instructors, one a literature professor and the other a religious studies instructor, for this series pairing pop culture movies with their biblical references from Genesis chapters 1-3. You need only a casual familiarity of both the movies and the text to participate in this engaging discussion.

Instructors:
Dr. Bonnie Roos and Kent Mereness

2 Sessions:
Mondays, Jan. 27 - Feb. 3
12:20 - 1:15 p.m.
WT Canyon
\$19

Basic Square Dancing

Meet new people and make new friends while enjoying a low-impact dance form in a fun, family-friendly environment. No special outfits are needed, but wear comfortable shoes. The price is for two people to attend, so bring your partner!

Instructor:
Freddie McKee

4 Sessions:
Saturdays, Feb. 1 - Feb. 22
2:00 - 4:00 p.m.
Dancing Center, Amarillo
\$149



Mastering the Studio from Recording to Release

Get the Nashville studio experience in Amarillo! Students will learn the fundamentals of audio engineering like recording, editing, mixing and mastering, as well as setup and DAW operation. Students are required to bring a laptop with the latest operating system and 4GB or more RAM.

Instructor:
Glenn Storlie

4 Sessions:
Tuesdays, Feb. 4 - 25
6:30 - 8:30 p.m.
Covenant Recording
Studio
\$149



A Celebration of Joy: Christian Romanticism in the Chronicles of Narnia

Enter the magical land of Narnia where animals talk, children rule, and joy and adventure meet on every page. In this course, you will read C. S. Lewis's popular children's stories, discuss the themes and symbols in the books, and learn about the life and world view of their author, Clive Staples Lewis.

Instructor:
Dr. Mike Bellah

4 Sessions:
Wednesdays, Feb. 5 - Feb. 26
6:30 - 8:30 p.m.
Palace Coffee, Amarillo
\$89

Lessons from the Road Well-Traveled

Using travel experiences from visits to 60 countries, Dr. Eddie Henderson offers unique insights on negotiating logistics and maintaining personal safety and good health while traveling internationally. Learn to add cultural authenticity to your adventures with aspects of visual sociology - capturing ethnically and visually authentic cultural artifacts.

Instructor:
Dr. Eddie Henderson

1 Session:
Thursday, Feb. 13
7:00 - 9:00 p.m.
Amarillo Public Library
\$25



Breaking the Code: Some Like It Hot

This retrospective class discusses how the Billy Wilder movie put the final nail in the coffin of the Motion Picture Production Code. Movie buffs can expect lively, engaging discussion around how *Some Like It Hot* either reflected or changed American culture of its time.

Instructor:
Dr. Bryan Vizzini



1 Session:
Friday, Feb. 28
7:00 - 9:00 p.m.
WT Canyon
\$29

The Life of Charles Goodnight

Celebrate Charles Goodnight's 184th birthday with cake and a fascinating talk including little-known facts about this historic figure. Follow the life of Goodnight from his birth in Illinois to his life as a ranch man, Texas Ranger and trail driver. This class will detail the founding of Goodnight's ranches, his personal relationships, financial difficulties later in life and his attempts at creating "cattalo."

Instructor:
Dr. Bill Green



Photo credit: Panhandle-Plains Historical Museum

1 Session:
Thursday, Mar. 5
6:00 - 7:30 p.m.
WT Amarillo Center
\$30

Bob Seger: The Ramblin', Gamblin', Beautiful Loser

Explore Bob Seger's award-winning albums with fellow fans and focus on his songs that have been the soundtrack for generations. Seger wrote from a blue-collar perspective, focusing on the realities and struggles of the working man. As a class, you'll analyze his language structure, his use of symbolism and his purpose in his music.

Instructor: Daniel Klaehn



2 Sessions:
Mondays, Mar. 23 - 30
6:30 - 8:00 p.m.
WT Canyon
\$39

The History of Canyon's People and Places

From its founding by L.G. Conner as Canyon City in 1887, you'll enjoy tracing Canyon's history from the people who built the settlement from a single home serving as a store and post office to a city with a university and the state's largest history museum.

Instructor:
Janice Cranmer



Photo credit: Panhandle-Plains Historical Museum

1 Session:
Thursday, Mar. 26
6:30 - 8:00 p.m.
WT Canyon
\$19

How to Speak with a Proper British Accent

Don't be a dodgy fake, learn all the techniques to sound like a real Brit! Whether you want to learn for performance purposes or just for fun, WT theater professor Callie Hisek will help you transform your accent by breaking down the way facial muscles are used, the placement of your voice and the differences in both vowel and consonant sounds. In the second session, you'll further perfect your newfound dialect with personalized coaching using monologues or quick scenes.

Instructor:
Callie Hisek



2 Sessions:
Tuesdays, Apr. 7 - 14
6:30 - 8:00 p.m.
WT Canyon
\$39

Center City Architecture Tour

Spend a spring afternoon strolling through Amarillo's history and the architectural treasures in downtown Amarillo. The class will end with a Q&A session over coffee at Palace Coffee in the historic Paramount Building.

Instructor:
Beth Duke



Photo credit: Center City of Amarillo

1 Session:
Wednesday, Apr. 8
1:30 - 3:30 p.m.
Downtown Amarillo
\$29

HOBBIES AND INTERESTS

Blogging for Profit or Pleasure

Discover how easy it is to start your own online blog! If you've got a topic idea and a computer, you'll have a blog started by the end of this class.

Instructor: Dr. Mike Bellah

1 Session:
Saturday, Feb. 1
10:00 a.m. - Noon
Amarillo Public Library
\$29



Brunch for a Bunch

Cooking for family is one thing, but hosting a bridal brunch or big gathering is stressful. Learn how to plan a meal that won't confine you to the kitchen for hours and will leave your guests raving with praise. You'll see brunch recipes in action and even taste the dishes.

Instructor: Jill Shelton

1 Session:
Saturday, Feb. 1
10 a.m. - Noon
Private Home,
Amarillo
\$39



So You Want To Join the Empire

Loyal? Hardworking? Expendable? Join the Empire today! Become a Stormtrooper, the most iconic figure in Star Wars, next to Darth Vader. In this costuming class, you will learn where to find materials to build Stormtrooper armor, the do's and don'ts of armor building and what it takes to become a certified, movie-screen accurate Stormtrooper.

Instructor: David Favela

1 Session:
Saturday, Feb. 1
10:00 a.m. - Noon
Amarillo Public Library
\$19



Turning Lesson Plans into Profit

Calling all elementary teachers! Did you know you can start a side hustle by monetizing lesson plans? We'll show you how! You'll learn the basics of creating a marketable product and setting up your own store. Turn your activities into products other teachers will buy for their classroom.

Instructor: Dr. Chanel Rodriguez

1 Session:
Tuesday, Feb. 4
7:00 - 9:00 p.m.
Amarillo Public Library
\$29



To 'e' or Not to 'e': Whisky Around the World

Sample various whiskeys from Scotland to Japan as you learn about the origins of whiskey production, its evolution through modern times and how various styles of whiskey differ from each other. Class limited to 10 people. Students must be 21 or older to register. Please eat before you come to class.

Instructor:
Dr. Brian Schneider

1 Session:
Wednesday, Feb. 26
6:00 - 9:00 p.m.
WT Canyon
\$75



Set Your Life on FIRE

FIRE - Financial Independence, Retire Early - is a hot new movement built on the belief that retirement is not about age - it's a dollar amount you determine. If you already know how to budget and save, learn how to kick it into high gear, figure out your magic number and join this movement.

Instructors:
Kenneth Burgess
and Jensen Porter

1 Session:
Thursday, Feb. 27
7:00 - 8:30 p.m.
Amarillo Public Library
\$19



Language of Dogs

"Dog language" will help you communicate with both your own pet and unfamiliar dogs alike. Discover how to best communicate with your dog to remedy behavior problems, recognize what an unfamiliar dog's body language is saying and learn safe practices around all types of dogs. This is an interactive class for

kids and adults.
Instructor: Mary Femniak

1 Session:
Monday, Mar. 2
7:00 - 8:30 p.m.
WT Canyon
\$25



Finding Your Voice: An Introduction to Podcasting

All you need is a subject idea and a few simple pieces of equipment to get started. We'll show you the keys to a quality broadcast, including affordable equipment and good recording and editing practices. In addition, you'll leave with practical ways to develop content and a plan for launching your podcast.

Instructor:
Buster Ratliff

1 Session
Wednesday, Mar. 4
6:30 - 8:30 p.m.
Panhandle-Plains
Historical Museum
\$29



Airbnbs with Star Power

Make five-star reviews a slam dunk with tips from a pro! Area vacation rentals are multiplying, so your property needs to stand out from the others. Find out from veteran BnB owner Jill Shelton how to create an attractive listing with great photos, a catchy title and an enticing description, as well as discover the importance of communicating and engaging with your guest prior to and during their stay.

Instructor: Jill Shelton

1 Session:
Monday, Mar. 9
6:30 - 8:00 p.m.
WT Canyon
\$29



The Instant Instagram Whiz

More and more people are using Instagram instead of Facebook, so don't miss out on your family's pictures and updates. In this session, you'll learn how simple it is to use Instagram on your smart phone and how to use Instagram filters for your pictures. Download the app and be ready to create your first post.

Instructor:
Kacie McDaniel

1 Session:
Monday, Mar. 9
5:30 - 7:30 p.m.
Palace Coffee, Amarillo
\$29



Understanding Reactive Dogs

If your dog negatively reacts to seemingly normal things or has specific triggers for bad behavior, this class will show you how to help your dog live more securely in our world. Whether you live with a reactive dog or have a neighbor or friend with one, this class will give you insights on how you can avert a dog's triggers and bad behavior.

Instructor:
Mary Femniak

1 Session
Monday, Mar. 9
6:30 - 8:00 p.m.
WT Canyon
\$29



Card Magic for Beginners

Amaze your friends and be the star of the party! Card Magic for Beginners teaches aspiring magicians with no prior experience the basics of card magic, from simple card manipulation to self-working miracles that will stun and astonish. Each session begins with an hour of demonstration followed by an hour of guided practice. By the end of the course, you will be able to perform a handful of magic effects sure to thrill. Great for kids ages 10 and up when accompanied by an adult.

Instructor: Dr. Eric Meljac

2 Sessions:
Tuesday and Thursday,
Mar. 10 and 12
6:00 - 8:00 p.m.
WT Canyon
\$39



DIY Upholstery for Accessory Chairs

If you have an accessory or vanity chair that needs an update, bring your chair to this class and leave with a new piece for your home. In the first class, you'll tear down your chair; in the second class, you'll re-cover it with your fabric choice. This hands-on class requires lifting and the use of provided sewing machines and cutting tools.

Instructor: Greg Hacker

2 Sessions:
Mondays, Mar. 23 and 30
6:30 - 8:30 p.m.
WT Canyon
\$59



Welding Fundamentals for Home and Farm Projects

Welding projects for the farm and home are limitless, and with this one-month class, you'll be ready to tackle some common home welding jobs. You'll leave with knowledge of the properties and theory of welding various metals, metal prep, welding positions and proper safety for welding at home.

Instructor: Nathan Wolf

4 Sessions:
Tuesdays, Mar. 24 - Apr. 14
6:00 - 8:00 p.m.
WT Canyon
\$159

Get Ready for the Garden!

A successful garden—whether in-ground or in pots—is cultivated long before planting; so if you want show-stopping plants this summer, start with this class! You will learn how to plan the perfect garden location, prepare the soil for maximum potential, find plants suited for your garden, and water and mulch plants for summer-long beauty. At the end of class, you'll take away a potted plant to start your garden.

Instructor: Linda Washington

2 Sessions:
Tuesday - Thursday,
Mar. 31 - Apr. 2
5:30 - 7:00 p.m.
WT Canyon
\$69



Knitting 101

Learn knitting basics and take home a project by the end of class. Dr. Stuntz makes learning to knit simple and straightforward by providing personal instruction and supervision as you construct a beanie during class. Participants are required to bring one skein of Lion Brand Hometown USA Yarn; Clover Brand Bamboo 16 inch circular knitting needles, size 13; and scissors.

Instructor: Dr. Jean Stuntz

1 Session:
Saturday, Mar. 28
9:30 a.m - Noon
WT Canyon
\$29



Knitting 102

Building on your Knitting 101 knowledge, you'll begin making a scarf to wear. Participants will need another skein of Lion Brand Hometown USA Yarn.

Instructor: Dr. Jean Stuntz

1 Session:
Saturday, Apr. 11
9:30 a.m - Noon
WT Canyon
\$29



The ABCs of Backyard Chickens

Are you considering adding a few feathered friends to your little piece of the Panhandle? Whether you live in the city or in the country, this overview will provide the information you need to start a flock and build a backyard chicken's paradise.

Instructor:
Sam Usnick

1 Session:
Monday, Apr. 6
6:00 - 7:30 p.m.
Amarillo Public Library
\$25



Supper Club

Does having a dinner party for friends seem overwhelming? With the proper preparation, you can delight your guests with a restaurant-worthy meal that any home cook can achieve. Your instructor will demonstrate a delicious menu and share the dishes for you to taste!

Instructor: Jill Shelton

1 Session:
Monday, Apr. 6
6:00 - 8:00 p.m.
Private home,
Amarillo
\$49



Unique Approaches to Rental Investment

The investment cost in rental homes is so much more than just money; in fact, the best landlords are community builders. Using his unique perspective, and one you won't find in real estate investment books, David Horsley will open your eyes to larger considerations in becoming a landlord and provide real-world experiences that will help you take your properties to the next level.

Instructor: David Horsley

1 Session:
Tuesday, Apr. 7
6:30 - 8:30 p.m.
Amarillo Public Library
\$29



LIFELONG LEARNERS LOVE OUR CLASSES

“Dr. Bill Green was excellent. Very engaging. Enthralled with the content. Would highly recommend this course primarily because of Dr. Green!”

Student evaluation of Dr. Bill Green, who is teaching The Life of Charles Goodnight

“Mrs. Rathbone is great. She entertains to keep the three-hour class interesting while teaching. I really enjoyed her class.”

Student evaluation from Meredith Rathbone's Conversational American Sign Language

“Jill was amazing!! With the greatest of ease, she prepared the recipes before us, baked them, and we savored every bite! Helpful and fun, delicious class!”

Student evaluation from Jill Shelton's Supper Club

Basic Scent Work for Dogs

Sniff out your dog's scent-finding skill in this class! Your dog will learn a new, fun game that gives them a mental challenge while you learn about how dogs are trained for scent work. This class is designed for adults and their dogs only. Dogs must be on a leash and comfortable around other people and dogs. Bring lots of your dog's favorite healthy treats for class.

Instructor: Mary Femniak

1 Session:
Saturday, Apr. 18
1:00 - 3:00 p.m.
WT Canyon
\$49



PROFESSIONAL DEVELOPMENT

Certified Personal Trainer

This NCCA-accredited program includes both classroom lecture and hands-on practical labs to help you master the skills to assess clients and build a program for measurable results. The lecture and lab hours will prepare you for the NCCA-accredited written and practical exams to earn your Certified Personal Trainer designation. The exam is included in the cost. This class is not for degree credit.

Instructor: Jeff Casebolt

Mondays and Wednesdays, Jan. 13 - Mar. 4
6:00 - 9:00 p.m.
WT Canyon
\$699

Building Dazzling Events: The Nuts and Bolts of Superb Planning

An event's success must be determined long before the actual event. Beth Duke will guide participants in creating a vision for their event and putting the pieces in place for success. Participants will learn about tracking an event from start to finish, managing multiple permits and collaborations and developing strategies for sustainable events.

Instructor:
Beth Duke

2 Sessions:
Fridays, Jan. 31 and Feb. 7
9:00 a.m. - Noon
WT Amarillo Center
\$149

Résumé Strategies for Success

If your résumé is a historical document – either because it hasn't been updated or it only describes your past – you're sabotaging your chance for success in the job market. Rev up your résumé with the latest strategies and techniques to create a winning document that reflects your unique talents and experiences.

Instructor:
Samantha Green

1 Session:
Thursday, Jan. 30
6:30 - 8:00 p.m.
WT Canyon
\$25



Medical Billing and Coding

Well-trained medical coders and billers are in demand nationwide. This course teaches you the skills needed to solve insurance billing problems, manually file claims, complete common insurance forms, trace delinquent claims, appeal denied claims and use generic forms to streamline billing procedures. The course covers the following areas: CPT (Introduction, Guidelines, Evaluation and Management), specialty fields, ICD-10 (Introduction and Guidelines) and basic claims processes for medical insurance and third-party reimbursements. You will learn how to find the service and codes using manuals like CPT, ICD-10 and HCPCS. To sit for a national certification exam, students must successfully complete the course and obtain from 6 months to 2 years of practical work experience, depending on the desired certification. Sallie Mae loans available; call Extended Studies at (806) 651-2037 for more information.

Tuesdays and
Thursdays,
Feb. 4 - May 7
6:00 - 9:00 p.m.
WT Canyon
\$1,899



Patient Care Technician

Opportunities abound with a Patient Care Technician certification. PCTs work in hospitals, clinics, rehabilitation centers, long-term care facilities, physician offices or assisted living facilities. In this course, you'll learn the technical skills necessary to service patient care issues, including rehabilitation services, diagnostic tests, basic bedside care, collection of laboratory specimens, Phlebotomy and EKGs. In addition to labs practicing EKG, Phlebotomy and baseline nursing skills, lecture topics include medical terminology, anatomy and physiology and various patient care concepts. Other topics include: HIPAA, vital signs, patient care, personal hygiene and grooming and aseptic techniques. This program meets the necessary requirements to take the National Healthcareer Association certification exams for Certified Patient Care Technician (CPCT), Certified Nurse Technician (CNT), and/or Certified Patient Care Associate (CPCA). Sallie Mae loans available; call Extended Studies at (806) 651-2037 for more information.

Tuesdays, Thursdays and every other Saturday
Feb. 4 - May 7
TTh: 6:00 - 9:00 p.m.
Sat: 10:00 a.m. - 5:00 p.m.
WT Canyon
\$2,299



Paralegal Certificate Course

Paralegalism is one of the fastest growing careers in the country. This course includes both Paralegal 1 and 2 classes. The first class provides a comprehensive knowledge of the American judicial system and teaches practical skills to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. Paralegal 2 provides a working knowledge of legal authority, how it is used in the litigation process and how to locate it through legal research. You will also learn the basics of law office management, substantive law and advocacy. Cost includes books and required subscriptions. Sallie Mae loans available; call Extended Studies at (806) 651-2037 for more information.

March 9 - June 19
Online
\$2,199

Project Management Professional Exam Prep Course

This face-to-face class prepares students for the PMP exam by covering the content related to the most recent standards maintained by the Project Management Institute (PMI). This course meets the 35-hour project management education requirement for the PMP exam.

Instructor:
Jonathan Bolz

4 Sessions:
Fridays, April 17 - May 8
8:00 a.m. - 5:00 p.m.
WT Amarillo Center
\$899



Commercial Brewing and Fermentation Certificate

Your dream of becoming a professional brewer is closer than you think. Taught by a local WT professor, the certificate involves four online, on-demand classes and an internship that will prepare you to work in the commercial brewing industry:

- Introduction to Brewing and Fermentation Science
- Fermentation Chemistry
- Brewing and Fermentation Products
- Brewing and Fermentation Practices
- 24 contact-hour internship

Upon successful completion of each course, students receive a badge for use on their resume. Successful completion of all requirements results in a non-credit certificate from WTAMU.

Instructor: Dr. Nick Flynn

Online, on-demand. Start today!
\$1,475



SELF AND FAMILY

Kitchen Possible: The Master Class

Clear out, clean out and quit dining out! This class combines the popular *Ship Shape Kitchens* with *Meal Planning Like a Boss* classes into one power-packed master class. Kate will teach you how to build down-to-earth meal plans and develop prep habits while streamlining kitchen supplies to add valuable space. Students will take home an organized recipe bank in a binder to implement new planning and prepping methods right away.

Instructor:

Kate Freeman

1 Session:

Saturday, Jan. 25

9:00 a.m. - Noon

WT Enterprise Center

\$49



Self Defense for Women

Do you know what to do if the unthinkable happens and you find yourself in a life-threatening situation? Taught by a woman and Master 5th Degree Black Belt in Taekwondo, you'll learn how to defend yourself and find the power within no matter your age or fitness level. All women possess the strength to interrupt violence and take control of a situation; you just have to learn how to use it!

Instructor:

Tammy Stamps

3 Sessions:

Mondays, Jan. 27 -

Feb. 10

6:00 - 8:00 p.m.

WT Amarillo Center

\$59



Supermarket Swaps for Better Nutrition

This class includes a grocery store tour. First, you'll learn a few simple swaps you can make in your diet to help reduce inflammation and balance your blood sugar levels. Then, Dr. Ricci will take you on a tour of a local health food store to learn how to navigate the aisles and make healthy choices. You've never been grocery shopping like this before!

Instructor:

Dr. Laura Ricci

1 Session:

Tuesday, Jan. 28

10:00 - Noon

Palace Coffee, Amarillo

\$35



7 Tips to Avoid Being Scammed

Don't let it happen to you! Be proactive and protect yourself. With scams increasing in our society, particularly scams targeting ages 60+, you'll learn sure-fire ways to identify swindlers, protect personal information and report scams once they occur.

Instructor:

Laurie McAfee

1 Session:

Thursday, Jan. 30

6:00 - 7:00 p.m.

WT Canyon

\$19

or

Thursday, Feb. 13

2:00 - 3:00 p.m.

Amarillo Public Library

\$19

Flatter Your Figure: How to Find Clothes That Really Fit

Stop looking at subjective sizes and start looking for styles that fit and flatter your figure. Who cares about the size on the tag when your look is absolutely flawless? Most people wear clothes that aren't the right fit, so we'll exchange the size obsession for attractive, well-fit cuts to make you feel fabulous.

Instructor:

Heather Baker

1 Session:

Tuesday, Feb. 4

6:30 - 8:00 p.m.

Amarillo Public Library

\$25



Shining Brighter: Self-Care to Recover from Burnout

Do you notice that you have a shorter fuse with those around you, especially your spouse or kids? Do you feel like resting is a waste of time? Do you get sick often or feel rundown? If you said “yes” to any of these questions, this class is for you! Self-care is the foundation needed to create healthy lifestyle changes to transform your life. It’s time to support yourself, practice a little self-care and revolutionize your life.

Instructor: Dr. Laura Ricci

1 Session:
 Thursday, Feb. 6
 6:30 - 8:00 p.m.
 Amarillo Public Library
 \$25

The Best is Yet to Be: Achieving a Happy, Creative Retirement

Do you have questions about retirement? Where will you live? What will you do with more leisure time? When should you pull the trigger? Can you semi-retire? Using current research, Dr. Bellah will answer these and other questions to help you plan for a creative, happy retirement.

Instructor:
 Dr. Mike Bellah

1 Session:
 Thursday, Feb. 6
 6:30 - 8:00 p.m.
 Palace Coffee, Amarillo
 \$25



Dads Do Hair

A perfect dad-daughter date! Our instructor, a hairstylist and dad himself, will teach other dads how to make a ponytail (without a vacuum), bun and some simple braids. The price is for both dad and daughter to attend. Daughters need to bring a comb, brush and at least three hair ties to class.

Instructor: Andy Alston

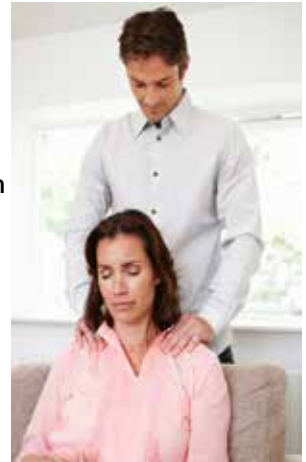
1 Session:
 Tuesday, Feb. 11
 6:30 - 8:00 p.m.
 WT Canyon
 \$29



Basic Massage Techniques for Couples

Bring a partner for this crash-course in the art of therapeutic massage. Techniques will focus on relieving stress tension in the neck, back and shoulders. This hands-on class makes for a great date night as you learn massage techniques that can be duplicated at home after a hard day at work. The price is for two people to attend.

Instructor: Nikki Ash



1 Session:
 Thursday, Feb. 13
 7:00 - 8:30 p.m.
 WT Canyon
 \$50

Medicare in Plain English

Medicare enrollment and coverage can be overwhelming and seemingly complicated, so let us make it easy for you! Whether you are ready to enroll, helping a loved one navigate benefits or already using Medicare, you'll receive straightforward information to understand Medicare A through D.

Instructor: Lisa Hancock, Area Agency on Aging

1 Session:
 Monday, Feb. 17
 2:00 - 5:00 p.m.
 Panhandle Regional
 Planning Commission
 \$19





The Bride's Guide to a Perfect Wedding

Free yourself of wedding stress, and with the help of an expert, simplify the process of planning the best day of your life. You'll get lots of ideas to save expenses without sacrificing extravagance, find the best vendors for your needs and conquer logistical issues. You'll leave class with a new group of friends, a straightforward checklist and added enthusiasm for the most memorable day of your life.

Instructor: Kacie McDaniel

2 Sessions:

Mondays, Feb. 24 and Mar. 2

6:30 - 8:30 p.m.

Palace Coffee, Amarillo

\$49

Massage for Migraines

Migraines are debilitating and can leave the sufferer feeling isolated and their family feeling helpless. Fight back by learning basic massage skills that can help! Licensed Massage Therapist Nikki Ash will teach you and a loved one or friend some simple techniques to use when migraine symptoms strike.

Instructor:

Nikki Ash

1 Session:

Thursday, Feb. 27

7:00 - 8:30 p.m.

WT Canyon

\$50



Using Essential Oils as Nature's Pharmaceuticals

Not all essential oils are created the same! Take a deep dive into the essential oil industry to discover more production and consumer information you should know when buying oils. In addition, you'll match various oils with various uses from cleaning products to medicine.

Instructor:

Dr. Laura Ricci

1 Session:

Thursday, Mar. 5

10:00 - 11:30 a.m.

Palace Coffee, Amarillo

\$25



De-clutter Your Life!

Minimalism is the buzzword right now, but in our materialistic culture, what does that really mean? Kate will show you how to make changes that foster an atmosphere of memories, not materials, while alleviating the stress and psychological weight of clutter. Get answers to all your questions about how you, too, can "tidy-up" and de-clutter your household.

Instructor:

Kate Freeman

1 Session:

Saturday, Mar. 7

9:30 - 11:30 a.m.

WT Enterprise Center

\$29



The Name of the Game: Avoiding and Remediating Identity Theft

Identity theft is devastating, and remediating its effects is time-consuming and can take months. Amarillo Police Department Corporal Jeb Hilton will detail various methods criminals use to steal IDs, ways to lower your chance of being a victim and 10 steps to take if your ID is stolen.

Instructor:

Corporal Jeb Hilton

Amarillo Police Department

1 Session:

Tuesday, Mar. 10

10:00 - 11:30 a.m.

Palace Coffee, Amarillo

\$19



10 Natural Tips for Restful Sleep

If you have trouble sleeping, find some relief here! Did you know that one night of poor sleep makes you more insulin resistant the following day? Sleep plays an essential role in your health and wellness by giving your body time to rest and repair. Come learn simple, natural remedies that will help you sleep better and improve your overall health.

Instructor: Dr. Laura Ricci

1 Session:
 Tuesday, Mar. 24
 6:30 - 8:00 p.m.
 Palace Coffee, Amarillo
 \$25



Taming the Paper Monster: A Hands-on Workshop

Bring a tub of papers from your home or office and leave this class with a filing strategy and a simplified, organized stack. In this hands-on workshop, you'll learn rules for riddance and guaranteed strategies for organizing your paper piles. We'll provide recycle and shred bins, so by the end of class, you'll be several pounds lighter!

Instructor: Kate Freeman

1 Session:
 Friday, Mar. 27
 1:00 - 4:00 p.m.
 WT Enterprise Center
 \$49

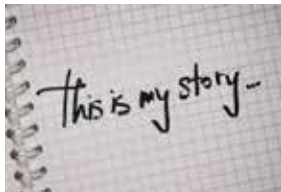


Writing Your Life Stories

Learn to compose the stories of your life that you've always wanted to leave for your children and grandchildren with the help of a professional writer who will work one-on-one with you to tell your story. This self-paced course will help turn personal anecdotes into family memories to be shared for years to come. Help with editing, revision and publishing will turn your experiences into cherished heirlooms.

Instructor: Dr. Pat Tyrer

Self-paced, online
 Start today!
 \$149



ONLINE REGISTRATION AT

wtamu.catalog.instructure.com

Visa and Mastercard accepted.

or MAIL REGISTRATION:

Your mailed registration should be sent at least one week prior to the first course meeting.

Full Name _____

Email _____

Address _____

City _____ State ____ Zip _____

Phone _____

Class Fee _____

Class _____

Class _____

Total Fees _____

Complete this form and a check or money order made to WTAMU. Mail to: WTAMU Extended Studies, WTAMU Box 60185, Canyon, TX 79016

----- clip and return form -----

CANCELLATION POLICY

VOLUNTARY CANCELLATION:

To cancel your registration, contact the Extended Studies office at least four business days prior to the start of class. Cancellations after this date will result in forfeiture of all fees paid. Phone: 806-651-2037. Email: rplatt@wtamu.edu

Your registration fee will be refunded less a \$20 processing fee. To process a refund, WT requires a W-9 with your social security number, phone number and email. Please allow three weeks for processing.

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WTAMU Extended Studies may cancel a course due to bad weather, emergencies or low enrollment. You will be notified by email, or if within 24 hours of class, by phone about a cancellation. If an individual session is cancelled, the session will be rescheduled.

Your registration fee will be refunded in full. WT requires a W-9 with your social security number, phone number and email. Please allow three weeks for processing.

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Satisfaction guaranteed or your money back! If you are not 100% satisfied with your class, please let us know, and we will refund 100% of your course fee.

FASCINATING SESSIONS FOR YOU



Unique Approaches to
Rental Investment, page 11



Get Ready for the
Garden, page 10



De-clutter Your Life!
page 22

LIFELONG LEARNING

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