

HEALTHY LIVING SPRING SEMESTER 2012

Laughter in the Sandhills **\$25**

If you love or need to laugh, join this wildly popular laughter workout. Heart healthy, therapeutic laughter exercises enrich and benefit the body, mind, and spirit. Instructor Shader is a Certified Laughter Leader. 0.8 CEUs

#1050 K. Shader Jan 11-Feb 29
208 Van Dusen Hall W 3-4 pm

Breathing as a Bridge to Good Health **\$10**



Many cultures believe that breathing is the essence of being. Learn simple, effective breathing techniques to enhance your life. Especially beneficial to people with respiratory conditions or stress issues. Dr. Croft is department chair of SCC's Respiratory Therapy program. 0.2 CEUs.

#1051 B. Croft, PhD Feb 2
208 Van Dusen Hall Th 4-6 pm

NEW — Mind Body Connection: Is it All in My Head? **\$10**

This lecture presents a holistic approach to healthy living by focusing on the mind-body connection that influences health and disease. Learn effective ways to develop a self care plan. 0.2 CEUs.

#1052 B. Croft Feb 9
208 Van Dusen Hall Th 4-6 pm

Chinese Astrology: A Fun Introduction **\$10**



Are you an early rising rooster, a charming snake, or an entertaining monkey? Discover your animal sign and element. If possible, bring your exact time of birth to class. This is a fun class for the not-too-serious astrologer. Professor Allen is coordinator of the Massage Therapy program at SCC. 0.25 CEUs.

#1053 S. Allen Feb 16
116 Meyer Hall Th 1-3:30 pm

NEW — Fright Night **\$10**

From nightmares to post-traumatic stress hallucinations, explore the frightening episodes the mind creates during sleep. Discussion includes nightmares, night terrors, sleep paralysis, hallucinations of dreaming, and confusional arousals with and without violence. Instructor Tammy Williams is the Polysomnography Program Coordinator at SCC. 0.25 CEUs



#1054 T. Williams, RPSGT Mar 22
201 Van Dusen Hall Th 2-4:30 pm

NEW — What Dreams May Come **\$10**

This class covers the who, what, why, and how of dreaming. Dream content, recurrent dreams and lucid dreaming will be discussed. What are your dreams telling you? 0.25 CEUs

#1055 T. Williams, RPSGT Mar 29
201 Van Dusen Hall Th 2-4:30 pm

NEW — The Lore of the Dream World **\$10**

Explore interesting folklore, myths and legends of dreams, dream interpretation, and the theory of foretelling the future. Learn about famous dreamers and amazing advances in science and technology resulting from a dream. 0.25 CEUs

#1056 T. Williams, RPSGT Apr 5
201 Van Dusen Hall Th 2-4:30 pm