

SPECIAL INTEREST

[Learn more about registering for non-credit classes.](#)

Ancient Grains

Course #: 6030364020

Course Description:

The rise of the paleo diet, which touts the eating habits of our hunter-gatherer ancestors, has brought acute awareness to the fact that what we eat now does not resemble what we ate even 100 years ago. Ancient grains provide a rich source of vitamins and proteins with minimal processing. Get familiar with these nutritional powerhouses: chia seeds, farrow, quinoa, sorghum, and millet. Recipes include chopped quinoa salad with cranberries; farro with pistachios, mixed herbs, and golden raisins; sorghum cornbread; and millet tabbouleh.

Class No: 5451	11/14/2019	Delivery: Class	Fees Under 62: \$31.00	Fees Over 62: \$27.00
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Instructor: Reeder

Meetings:

Thur 11/14/2019 10:00am - 1:00pm at Eagle River - Sonny Bees Honey Farm

Sonny Bees Honey Farm formerly Moondance Studio is located at 268 Hwy 17 South, Eagle River. Phone Number is 715-891-7920

Chakras and Crystals

Course #: 6056060509

Course Description:

You will learn the chakras system as well as some healing crystals to support them. We will cover information on each Chakra and what healing crystals go with each one. Crystal healing is based on the belief that stones or crystals have a natural healing frequency that can be activated to contribute to moving or balancing energy around them.

Class No: 5444	10/23/2019	Delivery: Class	Fees Under 62: \$35.00	Fees Over 62: \$31.00
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Instructor:

Meetings:

Wed 10/23/2019 5:30pm - 8:30pm at Fieldside Center 102

Essential oils and your dog and cat

Course #: 6089161506

Course Description:

We love our house pets! But we also love our essential oils! Not all oils are pet friendly and may cause your fur baby to become terribly ill. This class will give you a better understanding of what oils you can use and how to properly use them around you fur baby as well.

Class No: 5442	10/2/2019	Delivery: Class	Fees Under 62: \$35.00	Fees Over 62: \$31.00
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Instructor:

Meetings:

Wed 10/2/2019 5:30pm – 8:30pm at Fieldside Center 102

Ethics and Leadership

Course #: 4719643402

Course Description:

Build trust within your department and community by learning the core concepts of ethical leadership. This one-day Ethics and Leadership workshop will help you improve communication, encourage shared responsibility for intended outcomes, and maintain the integrity that is unique to your organization.

Participants in this course can anticipate learning through the following objectives:

- Learn how to influence a department's morale through applied ethical leadership approaches.
- Identify techniques to mitigate ethical conflicts between supervisors and subordinates.
- Use classroom scenarios to recognize ethical violations of organizational policy and demonstrate how to resolve these situations.

Class No: 5446	9/13/2019	Delivery: Class	Fees Under 62: \$199.00	Fees Over 62: \$164.87
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Instructor:

Meetings:

Fri 9/13/2019 8:00am - 4:30pm at Fieldside Center 102

Center for Innovative Change

Interested in Raising Chickens

Course #: 6009168100

Course Description:

Take a journey of learning through the start of an extremely rewarding hobby into raising backyard chickens for eggs. Instructor will share her experience from failures to victories in raising chicken. Take away information about local laws, supplies, and, general care of chickens plus meet a few of the chickens in class!

Class No: 5441	9/18/2019	Delivery: Class	Fees Under 62: \$29.00	Fees Over 62: \$25.00
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Instructor:

Meetings:

Wed 9/18/2019 5:30pm – 8:30pm at Fieldside Center 102

Releasing Emotions and Essential Oils

Course #: 6056060101

Course Description:

Emotions are like ocean waves; they ebb and flow. Emotions are powerful and provide momentum initiating action. What happens when we hold emotions in our bodies never releasing them? This class will cover the aspects, cause, identification, and clearing and what to expect! ***Warning*** There will be oils in class, this will be very aromatic !****

Class No: 5445	11/6/2019	Delivery: Class	Fees Under 62: \$35.00	Fees Over 62: \$31.00
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Instructor:

Meetings:

Wed 11/6/2019 5:30pm – 8:30pm at Fieldside Center 102

What are Chakras and how to balance them

Course #: 6056060510

Course Description:

The seven chakras are the centers in our bodies in which energy flows through. Blocked energy in our seven chakras can often lead to illness, so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. You will learn where the chakras are and how to balance them in this session, you will learn how to sense, feel, and see the chakra's energy movement.

Class No: 5443	10/9/2019	Delivery: Class	Fees Under 62: \$35.00	Fees Over 62: \$31.00
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Instructor:

Meetings:

Wed 10/9/2019 5:30pm – 8:30pm at Fieldside Center 102
