

Corporate & Continuing Education eMag

September 2009

Corporate and Continuing Education @ Palm Beach Community College
 3000 Saint Lucie Avenue | Boca Raton, FL 33431 | 561 862 4705
www.pbcc.edu/cceboca.xml | ccesouth@pbcc.edu

STRESS BUSTERS — Spend 30 minutes a day doing something you enjoy e.g., soaking in hot tub, walk on the beach or park, reading a good book, dancing, play with your pet, get a massage, facial or haircut, mediate.

exploring ART - helps enhance the physical, emotional and mental well being, according to the American Art Therapy Association - when you start doing art, you are using a different part of your brain, and involving both of your hands.

Zumba dancing starts 9/24 evenings 6-7:30p \$49 | #132202

Art Exploration beginning 9/28, 4-5:30p \$49 | #132454

Register at: www.pbcc.edu/cceregistration.xml | 561 862 4735




Join Yoga instructor Lisa Elliott for *Gentle and Relaxation Yoga Classes*

Classes beginning this September and offered continuously throughout the year.

[Click Here for YOGA Schedule](#)

Contact the Boomer Institute Office at 561 862 4705 | ccesouth@pbcc.edu

September Events, Workshops and Classes



OPEN HOUSE
 September 17— 5-7pm
 Meet the Instructors—Check out the fall events, workshops and classes—RSVP: 561 862 4735
 Light Refreshments



DEBUNKING the MYTH ABOUT GOING GREEN
 Boomer Institute
 Distinguished Speaker Series
Yalmaz Siddiqui—Director of Environmental Strategy for Office Depot
 \$15 in Advance—\$25 at the Door
September 30 — 9:30-11a
 Register by calling 561 862 4735



CAREER WOMEN'S Workshops

Sept 21—Resumes that Get Results! with Annette Gray | \$45

Sept 28—The Art of Interviewing with Katherine van Brocklin | \$45

Register: www.pbcc.edu/cceregistration.xml

GOT SOCIAL MEDIA?
[Click Here for the Schedule](#)
Social Media U @ PBCC




LEAN Six Sigma
 Improving Quality and Profitability

Lean Six Sigma is an improvement methodology that reduces product or service failure rates to near perfection

GREEN BELT 10/27 to 12/3 T/R 6:00p-9:30p \$1400	BLACK BELT 2/2 to 3/4 T/R 6:00p-9:30p \$1400
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Group Pricing Available | 561 862 4730

Living Green — One of the most carbon emission and energy intensive processes in the average house is heating water. Consider solar hot water systems, to save money and lessen your environmental impact ([Green Living Tips](#)). **Photovoltaic Workshops for designing and installing solar panel systems start this month—Contact 561 862 4730**

