

Creating Connxions Spring 2010

FIN 103

Blueprint for Financial Freedom

Have you ever wondered what it would be like to have no debt? Have you ever found yourself wishing you could give more? These series of classes will reveal what God's word says about finances and provide practical steps on how to apply spiritual principles to every aspect of your financial life. Come find out how to budget effectively, save more money, destroy debt, invest wisely and give freely.

Instructors: Butch Smith and Efrem Jackson

Free to Serve Financial Solutions

Five session class (come to one or all)

June 1st— B is for Budget

June 8th— Secrets to Saving

June 15th— How to Dump Debt

June 22nd— ABC's of Investing

June 29th— Keys to Generous Giving/Tithing

6:30 p.m. - 8:30 p.m.

Cost: \$20 per session

HEALTH 102

Why Does He/She Do That...?

Ever wonder why the opposite sex thinks so differently? This class will teach you how the brains of each gender function and what it means for your relationships.

Instructor: Dr. Tom Lloyd III

Enhanced Health Chiropractic, P.C.

One session class

April 22nd 6:30-7:30 p.m.

Cost: \$20

www.EnhancedHealthChiro.com

HEALTH 104

Changing Your Child's Future

This class will offer you breakthrough thinking on children's health. This class reviews 7 key health principles for kids. At the end of this workshop, you'll know how to take control of your child's health and change their future. This is breakthrough thinking on YOUR child's health.

Instructor: Dr. Heather Yost

Yost Family Chiropractic Inc.

One session class

May 11th 10:30 a.m.-11:30 a.m.

Cost: \$20

\$10 for moms attending storytime on May 11th

www.YostFamilyChiropractic.com

LEDR 101

The Seven Sides of Leadership

Good leaders are needed today more than ever. This class will teach you the characteristics of an exceptional leader and how to utilize the seven sides of leadership.

Instructor: Steve Siemens, CSP

CEO Siemens People Builders

June 12th 2:00 p.m. -5:00 p.m.

Cost: \$40

LEDR 102

The ABZ's of Powerful Living

The small decisions you make everyday shape your life for better or worse. This class will teach you proven strategies and tools for powerful living.

Instructor: Steve Siemens, CSP

CEO Siemens People Builders

June 12th 9:00 a.m. - 1:00 p.m.

Cost: \$60

Connxions and Pine Rest Presents...

PINE 102

Boundaries Basics: The Freedom of No

If you feel like you're being pulled in too many directions, this class will help you learn to set healthy boundaries in all areas of your life.

Instructor: Heidi Vermeer-Quist, Ph.D.

Pine Rest Christian Mental Health Services

One session class

April 27th 7:00-8:30 p.m.

Cost: \$20

www.pinerest.org

PINE 103

Unpacking the Precious Present

If you find it hard to live in the moment, this class will help you learn to engage in the present more fully and let go of unnecessary stress, worry and shame.

Instructor: Heidi Vermeer-Quist, Ph.D.

Pine Rest Christian Mental Health Services

One session class

May 11th 7:00-8:30 p.m.

Cost: \$20

www.pinerest.org

PINE 104

Roadmap to Retirement: Planning a Successful Retirement Transition

Are you thinking about retirement? This class can help you plan for a seamless transition.

Instructor: Cal Meuzelaar, LISW

Pine Rest Christian Mental Health Services

One session class

May 18th 7:00-8:00 p.m.

Cost: \$20

www.pinerest.org

SELF 102

How to Deal with Criticism

Want to sharpen your interpersonal skills? This class will give you practical techniques for better handling criticism and communicating more effectively.

Instructor: Jerry Chiamonte

Connxions Owner/KNWI Major Gifts Director

One session class

May 8th 10:00-11:30 a.m.

Cost: \$20