ENTREPRENEURSHIP/BUSINESS DEVELOPMENT
How to Really Start Your Own Business
Infoms prospective business owners of legal structure options, sources of capital, basic business records, taxes, regulations, permits, business insurance, marketing and advertising. Cosponsored by Kirkwood and SCORE. $59

FOODS AND ENTERTAINING
Decorate & Take Christmas Cookies
Professional cake decorator Barb Albert will share with you her talents for creating and decorating edible works of art. In this hands-on class, you will learn basic decorating techniques, including air-brush and sanding sugar stenciling, and will then practice these skills. You will take home two dozen cookies in different Christmas designs. Material fee of $8 payable to instructor at class time. $15
CFFP-188-VIN04 | Inst. Albert Begins Dec. 17 | 1 Wk. | W Vinton Center Room 101 6:30PM-9 PM

PARENTAL & FAMILY DEVELOPMENT
Overcome Your Emotional Eating with EFT
Do you eat when you are upset or not hungry? Has food become a tranquilizer for your emotions and stress? Unresolved emotions are often the reason why diets don’t work. Feeling unresolved, lonely or guilty are typical emotions that can drive you to overeat. Understanding and releasing the emotions that drive you to gain weight is a key to long-lasting weight reduction. In this class we will use EFT (Emotional Freedom Techniques) to stop your cravings within minutes and help you to identify and eliminate the triggers that cause overeating. $19
CFFP-035-TSL06 | Inst. Schafer Begins Jan. 6 | 1 Wk. | T Vinton Center Room 108 5:30 PM-7:30 PM

PERSONAL & FAMILY DEVELOPMENT
How to Improve Children’s Behavior
How can using rewards and consequences improve children’s behavior? Explore practical ideas to get children to cooperate and follow the rules and routines in their environment. What works with kids? What doesn’t work? Approved for foster parents. Meets requirements for child care providers. $19
CFFP-475-TSL16 | Inst. Andersen-Heller Begins Dec. 2 | 1 Wk. | T Vinton Center Room 108 6 PM-8 PM

RECREATION
Martial Arts Self-Defense
Archipelago Combatives is a multidiscipline art that trains in all ranges of combat, with or without a weapon. There are five areas of combative training: single stick, double stick, knife, stick and knife, and empty hand. This training is for self-defense. Students must be 18 or older. Materials fee of $12. ($19 for a pair of rattan sticks). $39
CRMA-400-LUT02 Begins Nov. 10 | 8 Wks. | M Atkins Legion Memorial Classroom 7:30 PM-8:30 PM

YOUTH PROGRAMS
General Interest
Babysitting Basics
Students will learn guidelines for safe child care, including how to responsibly care for young children and infants, problem solving strategies and first aid/CPR. Students must be at least fifth grade to enroll. Please bring a sack lunch. $10
CVFD-320-VIN05 | Inst. Coder/Ewig Begins Nov. 15 | 1 Wk. | S Happy Time Childcare & Development Center 9:30 AM-3 PM
Our instructor-facilitated online courses are informative, fun and convenient. Quality learning facilitators using highly interactive learning methodologies to facilitate Kirkwood’s online program courses.

Courses are project orientated and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. All ed2go courses begin on either the second or third Wednesday of each month and run for six weeks, totaling 12 lessons.

1. To see all of the courses offered, visit our online instruction center at www.ed2go.com/kirkwood.
2. Click the Orientation link and follow the instructions to enroll in your class. During orientation, you will learn important information about your course and choose the name and password you will use to access your course. When asked about payment option, click “Already Paid” and make sure to go to the next step below for payment.
3. Register online at www.kirkwood.edu/ce or by calling 319-398-1022. Your course number and payment information will be necessary to process your registration.
4. When your course starts, return to our online instruction center and click the Classroom link. Log in with the name and password you provided during orientation.