

Activities for Adults, continued

Art

WATERCOLOR PAINTING BASICS

This class will introduce participants to basic wash techniques, color theory, and principles of landscape painting. All levels of ability are welcome. Please pick up a supply list at the Community Center when you register.

Instructor: Kathy Breaux, M.A. in Painting & Drawing

Age: 16+ yrs **Fee:** \$47/4 weeks **Location:** LHCC
#7000.400.....SAT 9/17-10/810:00 a.m.-12:00 p.m.

INTRODUCTION TO DRAWING TECHNIQUES

This is a beginning course to introduce and develop drawing skills through demonstrations and examples of master drawings from children's book illustrations, animation and technical drawing. Course will cover contour, line, structure, perspective, light/shadow, color and modeling form.

Instructor: Carlos Moreno

Age: 15+ yrs **Fee:** \$37/5 weeks **Location:** LHCC
#7003.400.....MON 9/12-10/106:30-8:00 p.m.
#7003.401.....MON 10/17-11/146:30-8:00 p.m.

INTRODUCTION TO DIGITAL PHOTOGRAPHY

Participants will learn how to use their own digital cameras so that they can produce more professional-looking images. The instructor will go over all the many buttons and dials and explain their purposes. Lighting, composition and image processing will also be covered. Bring your camera to class!

Instructor: Gary Apodaca, Imageworks Photography Studio

Age: 18+ yrs **Fee:** \$97/4 weeks **Location:** LHCC
#7007.400.....MON 9/19-10/107:00-8:30 p.m.

Personal Enrichment

PAINS, ANXIETIES, ADDICTIONS, FEARS & PHOBIAS REMOVED

Do you suffer from caffeine, chocolate or food addictions? Have those and other addictions removed during this workshop. How about pain? Arthritis, carpal tunnel syndrome, headaches? Bring them in and leave them here. Do you have severe anxieties? Stressed from work? Post traumatic stress syndrome? Let's get rid of them. Drag out your biggest fears and phobias and have them completely removed during this exciting and educational workshop. There is a \$5 materials fee

for handouts payable to the instructor in class. Instructor has over 25 years experience in this field.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t, Advanced Energy Therapist-EFT-ADV

Age: 18+ yrs **Fee:** \$47/1 mtg **Location:** LHCC
#5015.400.....TUE 9/13.....6:00-9:00 p.m.

LOSE WEIGHT NOW!

★NEW★ Are you unhappy, frustrated or just plain stuck? Excess weight can damage your health, so take control now! Easily lose the weight and enjoy doing it! Stop the dieting cycle that could be harming you, causing you to focus on food, rather than on you. Enjoy shopping for clothes, improve your health, sleep easier, and so much more. Bring chocolate or other food that you crave to the first session, and the instructor will eliminate those cravings. The instructor will use hypnosis in both sessions, so please be sure to wear comfortable clothing and bring a pillow for relaxation. There is a \$5 supply fee payable to the instructor at the first class meeting. A follow-up CD is available for purchase in class.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t, Advanced Energy Therapist-EFT-ADV

Age: 18+ yrs **Fee:** \$59/2 mtgs **Location:** LHCC
#5019.400.....TUE 10/4-10/116:30-8:30 p.m.

STOP SMOKING NOW!

★NEW★ Would you like to become a permanent non-smoker? If so, this workshop is perfect for you! The instructor will eliminate your nicotine cravings using energy therapy and will teach you how to use that tool for yourself for many other benefits. The remainder of the session will deal with the subconscious triggers that cause you to reach for a cigarette. Because the instructor will use hypnosis in both sessions, please be sure to wear comfortable clothing and bring a pillow for relaxation. There is a \$5 supply fee payable to the instructor at the first class meeting. A follow-up CD is available for purchase in class.

Instructor: William Engle, Purpose Driven Hypnotherapy, M.A., CCH.t, Advanced Energy Therapist-EFT-ADV

Age: 18+ yrs **Fee:** \$59/2 mtgs **Location:** LHCC
#5010.400.....TUE 10/18-10/256:30-8:30 p.m.

For further information on any of our classes or to register, please call 562-905-9708.

Graffiti Hotline: 562-905-9723