

**Cerritos College**

# **COMMUNITY EDUCATION**

**Fall/Winter 2022**

**Sept • Oct • Nov • Dec**

**Schedule of Classes**

## ***Fabulous Fall Classes***



***for the Whole Family!***



**Professional Development • Career Advancement  
Online Courses & Programs • Personal Growth  
Enrichment & Interests • Child & Teen Classes**

**CerritosCommunityEd.com**

# Look What's New This Fall!



**BALLET FOLKLÓRICO**  
(AGES 5-15)

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**BRASS  
INSTRUMENT  
WORKSHOP**

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**HOW TO BECOME A CULTURALLY  
COMPETENT HEALTH CARE PROVIDER**

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**PREDIABETES, DIABETES,  
AND YOUR HEALTH**

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**MAKE \$MONEY\$ WITH A  
VIRTUAL ASSISTANT/WORD  
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**EXPLORE 250  
LEGITIMATE  
HOME-BASED  
BUSINESS IDEAS**

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**TAIPEI-CALIFORNIA  
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# ***IN-PERSON AND ONLINE CLASS INFORMATION***

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We are happy to be able to offer both in-person and online classes. **Within our fall schedule all classes listed are offered in-person unless “online” is indicated.** Below is very important information that you will need to know when accessing our classes in-person or online.

**In-Person Classes** – You will receive information regarding materials, classroom location and parking location prior to the start of class. The college follows COVID protocols of classrooms being thoroughly cleaned, and mask wearing indoors is strongly encouraged. All students must practice hand hygiene (washing and sanitizing) and refrain from attending class if feeling sick.

Also, to ensure the health and safety of our community and in an ongoing effort to minimize the spread of COVID-19 and its variants, any person attending classes in person must complete a health screening prior to coming on campus.

All students, regardless of age, must complete the following steps when taking in-person classes.

## **Step 1. Required Health Screening**

Before you arrive on campus, complete the health screening COVID-19 questions online within four (4) hours of your arrival.

## **Step 2. Clearance**

Once approved, you will be cleared to come to campus.

## **Step 3. Mask Up**

Masks are not required, but highly recommended to stop the spread of COVID.

## **Step 4. Wristbands**

Visit the Health Screening Kiosk to get your wristband. Wristbands must always be worn on campus (you will receive a map with kiosk locations, prior to the start of your class).

## **Step 5. Report your Symptoms**

If you are on campus, you are required to report to contact Community Education if you:

- Receive a positive COVID-19 test.
- Experience COVID-19-related symptoms.
- Been in close contact with someone who is COVID-19 positive.

Here is the link you will use to complete the pre-screening:

- scan the QR code below to sign in
- Text “cerritos” to 562-273-9224 for the link to check in
- Please type the word class under visitor company and reason why you are visiting

**Online Classes** – We will continue to offer our amazing classes live online (via zoom or a similar platform). These classes allow for live instruction and as much student-teacher interaction as possible. Whichever type of online course you choose, you can do it from the comfort of your couch, your backyard, or the beach... wherever you like! No traffic, all you need is a computer, laptop or smartphone, it's that easy!

Whichever way you decide to take our classes we are happy that you've chosen our program and look forward to “seeing” you either in-person or online. As always, feel free to contact us at [CommunityEd@Cerritos.edu](mailto:CommunityEd@Cerritos.edu) or (562) 467-5050 (press #1).



Have a Great Class!  
Community Education

# ***ADULT EDUCATION & DIVERSITY PROGRAMS***

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Adult Education and Diversity Programs provide educational opportunities that address the unique needs of adults in the region. Adult Education courses are noncredit, include open entry, open exit, and have No Registration Fees. Bilingual English and Spanish support is provided.

## **Adult Education courses include categories such as:**

- Apprenticeship
- College English & Math Skills
- Citizenship
- GED Preparation
- English as a Second Language
- Literacy, Primary, and Secondary Education – Plaza Comunitaria
- Occupational Preparation
- Older Wiser Learner (OWL) for Older Adults
- Preparatory Math
- Vocational English as a Second Language
- OSHA Certification in Spanish and English
- Entrepreneurship in Spanish and English

Adult Education and Diversity Programs brinda oportunidades educativas que aborden las necesidades únicas de los adultos en la región. Los cursos de educación para adultos son sin crédito, incluyen entrada abierta, salida abierta y no tienen tarifas de inscripción. Se brinda apoyo bilingüe en inglés y español.

## **Los cursos de educación para adultos incluyen categorías como:**

- Apprenticeship
- College English & Math Skills
- Ciudadanía
- Preparación para el GED
- Inglés como Segundo Idioma
- Alfabetización, Educación Primaria y Secundaria – Plaza Comunitaria
- Preparación Ocupacional
- Older Wiser Learner (OWL) for Older Adults
- Preparatory Math
- Inglés Vocacional como Segundo Idioma
- Certificación OSHA en Español e Inglés
- Microempreendedores en Español y Ingles

## **For more Registrations & more information:**

**(562) 467-5098**

**[www.cerritos.edu/aed](http://www.cerritos.edu/aed)**

# PROFESSIONAL DEVELOPMENT

## BUSINESS & MANAGEMENT

### PROJECT MANAGEMENT CERTIFICATE SERIES

20-hour Project Management certificate upon completion of four courses

**SERIES DISCOUNT: save 10% for registering for the series!**

#### PROJECT MANAGEMENT INTRODUCTION

Businesses use project management to manage projects and achieve outcomes typically with limited resources and under critical time and cost constraints. This introductory class will provide you with an overview of the key concepts and terminologies of project management. You will learn the basics of project management related to the project approach within different organizational structures and environments with their respective strategy of governance, and how their goals and objectives dictate project success.

##### In this class, you will learn about:

- The skills and responsibilities of a project manager
- Who are stakeholders and how they influence projects
- How a project team is formed and developed
- Differences between project and product life cycles
- How projects are created and selected
- Make your projects effective and complete successfully

Sat, 10/22

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

#### PROJECT REQUIREMENTS AND PLANNING MANAGEMENT

The primary contributors to challenged and failed projects are poor, ill-defined requirement definitions and failure to adequately plan to properly execute on the project. This class will provide you with the knowledge, tools and techniques required to minimize or avoid requirements related problems. Proper advance planning on a project guides its execution toward ensuring its successful performance.

##### In this class, you will learn about:

- Development of the project's requirements
- How to create the project charter
- Role of Work Breakdown Structure (WBS) and its components to link project's deliverables, scope, requirements and work
- The major elements of a project management plan
- How to manage changes to the baseline plans

Sat, 10/29

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

#### PROJECT TIME AND COST MANAGEMENT

Time and cost represent two-thirds of a project's triple constraint. Building a time schedule to meet the project plan is a group technique that requires project manager's leadership skills and attention to the big picture as well as the details. In addition, financial viability is a priority concern of stakeholders examining a project, so Project Cost Management is primarily concerned with the cost of labor and material resources needed to complete the project work.

##### At the end of this class, you will be able to:

- Create network diagrams relating project activities
- Identify the critical path for the project and how to reduce it
- Distinguish between static (waterfall) and dynamic (agile) scheduling
- Implement cost estimating techniques to develop an estimate
- Use Earned Value Management (EVM) method to measure project performance, forecast remaining work on the project

Sat, 11/05

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

#### MANAGING QUALITY AND RISKS IN PROJECTS

Managing quality in projects is to ensure the project's product conforms to the intended requirements as well as meets (or even exceeds) the expectations of its customer. All projects are inherently risky due to their unique characteristics, so managing the negative risks (threats) by mitigating them while enhancing the positive risks (opportunities) helps the project manager maximize the probability of achieving overall project objectives.

##### At the end of this class, you will be able to:

- Define costs of quality, conformance and non-Conformance
- List 7 basic quality control tools and how to apply them
- Know various risk categories and what risk register is
- Perform qualitative and quantitative assessments of risk events
- Select appropriate response for a given risk event

Sat, 11/12

8:00am-1:00pm

\$85 (plus a \$25 material fee, payable upon registration).

### SERIES DISCOUNT:

**Sign up for the PROJECT MANAGEMENT SERIES  
to register for all four classes on this page  
and save 10% (\$305 for series)**

**Instructor:** Ajay Bengali holds a Ph.D. degree in Engineering and has 40+ years of industrial technical experience in Aerospace industries. He holds Project Management Professional (PMP) credentials from the Project Management Institute (PMI) and is currently an independent Project Management consultant.

# PROFESSIONAL DEVELOPMENT

## BUSINESS & MANAGEMENT



### GOOGLE SUITE FOR HOME AND BUSINESS *(online)*

Google Suite is an introduction to Google Docs: slides, sheets, forms. During this hands-on course, you'll learn the basics of this very popular software that can be used both in business, and in your personal life, to create professional and efficient documents that will impress those around you.

Sat, 9/24  
\$45

10:00am-1:00pm

**Instructor:** *Dr. Dorothy Kegler is the Owner of Kegler's Consulting, an educational and career consulting firm. She is destined to assist you with realizing your dreams and goals.*

### EXPLORE 250 LEGITIMATE HOME-BASED BUSINESS IDEAS *(online)*



Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find.

You will discover:

- \* more than 250 legitimate home business ideas
- \* mandatory legal documentation
- \* many ways to market your product/service
- \* how to take tax deductions (this workshop included!)

Wed., 9/28

6:00pm-8:00pm

\$49 (plus \$10 material fee, payable upon registration).

**Instructor:** *LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges.*

### MAKE \$MONEY\$ WITH A VIRTUAL ASSISTANT/WORD PROCESSING BUSINESS (POST-REQUISITE) *(online)*



If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

**Note:** *Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.)*

Wed., 9/28

5:00pm-6:00pm

\$39 (plus \$10 material fee, payable upon registration).

**Instructor:** *LeeAnne Krusemark*





# PROFESSIONAL DEVELOPMENT

## LEADERSHIP

### HOW TO DEVELOP SKILLS OF A SUCCESSFUL LEADER

#### CERTIFICATE AWARDED

To be an effective leader today is to empower, show by example, communicate, and coordinate resources to achieve success. How does a leader lead? How does the leader influence the team?

#### Learn how to:

- Develop the qualities of highly successful leaders
- Shift leadership styles when necessary
- Help others manage change
- Delegate and motivate
- Administer discipline
- Communicate your leadership
- Recognize, reward and celebrate victories

Leadership is the art of influencing people to follow you willingly and eagerly. The leader wears several hats as developer, coach, visionary guide, facilitator, expeditor, and planner. Leadership skills can be learned.

Sat, 10/1 8:00am-10:30am

\$45 (plus \$25 payable upon registration).

OR

Sat, 12/3 8:00am-10:30am

\$45 (plus \$25 payable upon registration).

### ESSENTIAL SKILLS OF MASTERFUL COMMUNICATION

#### CERTIFICATE AWARDED

The need to communicate with impact is one of the most difficult challenges we encounter...and the one that will lead to the greatest rewards. Most of what we do, we do in the context of a relationship. Communication is the key to all relationships. To be successful in your endeavors you need to become an effective communicator.

#### Topics include:

- Projecting a positive, confident image
- How to communicate with difficult people
- How to reduce fear barriers to effective presentation
- Which communication style to use and when
- Keys to better listening skills
- The power of non-verbal signals

Sat, 10/1 11:00am-1:30pm

\$45 (plus \$25 payable upon registration).

OR

Sat, 12/3 11:00am-1:30pm

\$45 (plus \$25 payable upon registration).

### DEAL WITH DISAGREEMENTS, CONFLICT AND CONFRONTATION

#### CERTIFICATE AWARDED

Conflict is a universal, inescapable situation. In this seminar, we will redefine and analyze the reasons for conflict. Once you can accept the inevitability of conflict, you can reduce your stress and fear. You will learn to view conflict as a situation to analyze and develop skills to more effectively deal with it.

#### Topics include:

- Four helpful principles of why people act this way
- The special distinction between disagreements and misunderstandings
- Basic steps in problem solving
- Rules for fighting fair during conflict
- How to confront anyone about anything
- How to face an angry person

Sat, 10/8

8:00am-10:30am

\$45 (plus \$25 payable upon registration).

OR

Sat, 12/10

8:00am-10:30am

\$45 (plus \$25 payable upon registration).

### COMMUNICATE WITH DIFFICULT PEOPLE WITH TACT AND SKILL

#### CERTIFICATE AWARDED

What would life be if the world weren't full of difficult people? In this seminar, we will focus on ways to analyze types of difficult behavior. You will learn constructive ways to communicate with difficult people and the powerful tools of pacing, paraphrasing and inquiry.

#### Topics include:

- Difficult people in your life, their specific behaviors and your reaction to their behaviors
- Three models of face-to-face communication
- Guidelines to confront anyone about anything
- Task vs. people; passive vs. aggressive; behavioral analysis (Modified Myers-Briggs individual exercise)
- Tips for how to communicate with each personality type: director, entertainer, supporter, analyst
- How to deal with specific situations, such as an angry person or a backstabber

Sat, 10/8

11:00am-1:30pm

\$45 (plus \$25 payable upon registration).

OR

Sat, 12/10

11:00am-1:30pm

\$45 (plus \$25 payable upon registration).

**SERIES DISCOUNT:**  
**Register for LEADERSHIP SERIES**  
*(all four classes at the same time)*  
**and save 20%! (\$145 for the series)**

**Instructor:** *Angela Scott-Betton, is a credentialed teacher with experience teaching career skills to adults and teens entering and re-entering the job force. She has presented workshops focusing on computer skills, effective communication, and problem solving.*





## HUNDREDS OF 6-WEEK ONLINE COURSES...HERE'S JUST A FEW!

A to Z Grant Writing  
Accounting Fundamentals  
Business & Marketing Writing  
Computer Skills for the Workplace  
Digital Marketing Suite  
Entrepreneurship Suite  
Intro to Google Analytics  
Intro to Quickbooks

Certificate in Gerontology  
Certificate in Holistic & Integrative Health  
Handling Medical Emergencies  
Medical Terminology Series

Speed Spanish  
Intro to Interior Design  
Grammar Refresher  
Genealogy Basics  
Discover Sign Language  
Blogging & Podcasting



*to see the complete list of courses,  
their descriptions and to register, go to:*

**ed2go.com/cerritos**

**Learn  
from the  
comfort  
of home!**

- EXPERT INSTRUCTORS
- 24-HOUR ACCESS
- 6 WEEKS OF INSTRUCTION
- COURSES BEGIN MONTHLY
- ONLINE DISCUSSIONS
- CERTIFICATE AWARDED UPON COMPLETION

**COURSE  
COSTS  
RANGE  
FROM  
\$85-\$299**

**ENROLL  
NOW!**

# CAREER ADVANCEMENT

## PROTRAIN CERTIFICATION TRAINING PROGRAMS

ProTrain offers certification programs that are designed to help you begin a new high-demand career or advance your current career.



Courses are created by Subject Matter Experts and prepare individuals for **nationally recognized certifications**

There are **LIVE ONLINE** and **SELF-PACED** courses available - *you pick what works best for you!*

Our **LIVE ONLINE** courses offer the convenience of online study with an instructor-led course and allow students to interact with both instructors and classmates in real-time. **Students complete training in less than 3 months.**

Our **SELF-PACED** ONLINE courses provide access to all lessons immediately with the freedom to learn from virtually anywhere at your own pace. **Duration of access ranges between 6 -12 months.**

**Here's a few of the LIVE ONLINE and/or SELF-PACED certification programs available:**

**Certified Associate in  
Project Management**

**Project Management Professional**

**Human Resources Professional**

**Medical Billing & Coding**

**Six Sigma Green Belt**

**Bookkeeping Administrator**

**LEED Green Associate Career Prep**

**ServSafe Manager**

**DayCare Administration Career Prep**

***Tuition  
Assistance  
options  
available!***



**To see the full list of LIVE and SELF-PACED online programs, read full program descriptions, and/or to register, go to**

**[cerritos.theknowledgebase.org](http://cerritos.theknowledgebase.org)**

### BECOME A NOTARY PUBLIC NOTARY SEMINAR *(online & in-person)*

*CERTIFICATE AWARDED (CPS test administered separately)*

#### **FIVE great reasons to attend the Notary Public training seminar:**

1. Become more valuable as an employee
2. Provide customer service for your organization
3. Start your own business
4. Consider becoming a Notary as an option for income upon retirement
5. Consider becoming a Notary as an option to your resume

This seminar is designed to satisfy California's new requirements including the major changes in Notary affecting ALL California Notaries, such as: what must be done to avoid fines of \$500 to \$10,000, updated laws for identifying signers and thumbprint requirements and new laws regarding renewing commissions and journal entries. **PRIOR TO CLASS**, print out the Secretary of State application, found at [www.sos.ca.gov/notary](http://www.sos.ca.gov/notary). You are encouraged to review (download or print) the Notary Handbook at [www.sos.ca.gov/business/notary/no-tary\\_hdbk.htm](http://www.sos.ca.gov/business/notary/no-tary_hdbk.htm). Alternatively, you can request a free copy of the Handbook - contact C.P.S. at (916) 263-3520.

#### **ONLINE INSTRUCTIONS:**

Due to the class being offered remotely, you must be able to adhere to the following:

1. You must have an electronic device (computer, laptop or phone) that will allow you to connect to zoom and remain logged in for the duration of each class.
2. You must be able to be seen and heard by the instructor throughout the duration of each class. Your electronic device must have a speaker and a camera, and you must have them on during the entire class.
3. A Proof of Completion Certificate (which the state requires to become a notary) can only be issued if you attend the course in its entirety.
4. You must present a valid form of ID in order to take the class: CA Drivers License or ID, Passport, and Military ID are acceptable.
5. A \$10 material fee will be collected, and your materials will be emailed to you before class begins.

#### **IN-PERSON INSTRUCTIONS:**

1. You must arrive on time to class, late arrivals will be turned away.
2. You must present a valid form of ID in order to take the class: CA Drivers License or ID, Passport, and Military ID are acceptable. Your picture must be clear and must be the same person who checks in.
3. A \$30 materials fee for class materials and certificate, payable upon registration.

#### **ONLINE**

Sat & Sun, 10/1 & 10/2 8:30am-1:00pm  
\$95 (plus \$10 material fee, payable upon registration).

#### **OR**

#### **IN-PERSON**

Sat, 11/12 8:00am-4:30pm  
\$95 (plus \$30 material fee, payable upon registration).

**Instructor: Kathy Houck**

### NOTARY RENEWAL NOTARY SEMINAR *(online & in-person)*

*CERTIFICATE AWARDED (CPS Test administered separately)*

If you are a Notary Public and your commission is up for renewal, you need to take this class so that you can continue to notarize without penalty or interruption in your commission. We will go over renewal information and supply you with a separate list of all the changes and updates to the Notary laws in the last four years. Due to the class being offered remotely and In person, you must adhere to the same policies as the Notary 2-day course (see description to the left).

#### **Choose one:**

#### **ONLINE**

Sun, 10/2 8:30am-1:00pm  
\$49 (plus \$10 material fee, payable upon registration).

#### **OR**

#### **IN-PERSON**

Sat, 11/12 1:00pm-4:30pm  
\$49 (plus \$30 material fee, payable upon registration).

**Instructor: Kathy Houck** has owned and operated her own notary business for over 30 years and has been teaching Notary Law and Regulations for over 20 years.

### BECOME A LOAN SIGNING AGENT *(online & in-person)*

*CERTIFICATE AWARDED*

Now that you are a Notary, how do you build and maintain your signing business? This workshop features how to properly notarize loan packages, step by step. Learn how to negotiate your fee, get called back, and brand yourself as a professional in the market.

#### **Topics include:**

- How to develop/build your own business in five easy steps.
- Contacting lucrative and profitable businesses and who your primary contact should be
- Get signed up with successful signing services/agencies that offer assignments

**Prerequisite:** Must have a current Notary Public commission.

#### **ONLINE**

3 mtgs; T, W, & Th, 10/18-10/20 6:00pm-8:00pm  
**OR**

#### **IN-PERSON**

Sat, 12/10 9:00am-4:00pm

\$99 seminar fee paid upon registration +  
\$30 for seminar guide and reference book, payable at time of registration

**Instructor: Notary Public Seminars, Inc.** has been a leading public course provider for over 15 years. Notary Public Seminars is one of the most widely known companies offering a range of career advancement and self-help courses.

# CAREER ADVANCEMENT

## CAREER TRAINING OPPORTUNITIES



### CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, Retirements, Baby Showers, Holiday Events, etc.) and wanted to learn how it was done? In this class you will learn how to create stunning centerpieces, eye-catching columns and learn the secrets of Organic balloon designs. If you would like to start a small business, balloon design is a perfect way to make extra money. This course will offer hands-on instruction and formulas to start a small balloon business. Bring your creativity and a pair of scissors.

2-Sat, 11/5 & 11/12 9:00am-12:00pm  
\$55 (plus \$15 material fee, payable upon registration).

**Instructor: Yvette Mack Yvette**, CBA (Certified Balloon Artist), has been providing balloon Decor for over 20 Years. She specializes in Classic Balloon Decor and Organic balloon designs.

### AUTO WHOLESALE BUSINESS FROM HOME *(online)*

#### DMV CERTIFICATE AWARDED

Come learn how to make extra money buying and selling wholesale cars as a home-based business; learn six easy techniques to earn \$3,000 just selling 2-3 cars a month. Learn how to get your auto dealer license and how to operate a profitable used car business. You will get a FREE list of all the 300 dealer-only auctions in the USA where vehicles sell at below wholesale prices.

This class is DMV approved and you will receive a DMV certificate of completion at the end of class. With the certificate, you can take the 40-question exam with the DMV, and upon passing it, you have one year to apply for a dealer license if you choose to do so.

Sat, 9/17 10:00am-4:00pm  
OR

Mon & Tues, 11/14 & 11/15 6:00pm-9:00pm  
\$89 (plus \$25 material fee, payable upon registration).

**Instructor: Wayne Williams** has maintained an auto dealer's license for 9 years; insurance agent broker for six years; is a current law school student and a DMV Occupational Licensing approved instructor for five years.

## HEALTH

### HOW TO BECOME A CULTURALLY AND LINGUISTICALLY COMPETENT HEALTH CARE PROVIDER

#### (SPECIFICALLY FOR HEALTH CARE PROVIDERS)

Health care organizations are realizing that unless their providers are trained to deliver culturally and linguistically proficient services, health disparities will continue to negatively influence patient care. Training in delivering culturally proficient care must become an organizational priority. It is imperative health care professionals become culturally and linguistically competent so they can enhance patient engagement and care for patients across a wide range of cultural needs. These factors influence how patients experience their illness and relationship with their health care provider.

#### During this course you will:

- Define culture, cultural humility, cultural sensitivity and cultural competence
- Learn how respectful communication; providing responsive, culturally proficient care increases therapeutic alliance with patients
- Understand how ignoring diversity and culturally incongruent health care can adversely affect patient outcomes and result in patient dissatisfaction.
- Learn how to eliminate misunderstandings in diagnosis and treatment planning that may result from differences in language or culture

Sat, 11/5 9:00am-12:00pm  
\$55 (plus \$10 material fee, payable upon registration)

**Instructor: Elijah Levy, Ph.D.** has dedicated his career to working in inpatient and community based psychosocial/psychiatric rehabilitation programs. He has received several awards, is a published author and consultant to mental health programs.





# CAREER ADVANCEMENT

## FILM, TV, & RADIO

### AN INTRODUCTION TO VOICEOVERS

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I can do that!"

Explore the voiceover industry with your instructor, a professional, working voice actor from Voices for All. Discover the current trends in the industry and how they make it easy and affordable for just about anyone to get involved.

In this one-time two-hour, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. Your instructor will take notes as you read a real script, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field.

Wed, 10/26  
\$39

6:00pm-8:00pm

### VOICEOVERS INTRO *(online)*

*ONE-ON-ONE ONLINE CLASS –  
90-MINUTE INDIVIDUAL WORKSHOP.*

This introductory one-on-one online workshop covers the different types of voiceovers and what tools are needed to find success in this remote working industry. You will be coached as you read a script and be recorded so you can receive a professional voice evaluation later.

**Requirements:** Students must have Internet access and video chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/Facetime (Mac/ios). After registering, VFA will contact you to schedule a date and time for your class.

\$49

**Instructor:** *Voices For All* professional voice actors are known for their fun and in-formative presenting methods. They have many years of experience in the voice-over industry and are masters at how to make it in voice acting.

### PODCASTING FOR PROFIT! *(online)*

*17 AND OVER*

- Have you ever wanted to be a DJ or the host of a radio show?
- Would you like to be paid to host your own show?
- Would you like to promote your business, hobby, or passion on radio?

ALL FOR FREE?

Now you can, by setting up your own Podcasting seminar!

This course explains and demonstrates how to set up an audio podcast and monetize it including the equipment and software necessary, the procedures for creating and broadcasting, and over a dozen ways to make money with your podcasts – all for FREE!

Thurs, 9/15

6:00pm-9:00pm

\$49 (plus \$20 material fee, payable upon registration).

**Instructor:** *Mike Rounds, of Rounds, Miller, and Associates, is a speaker, trainer, author, with more than 200 published works. He owns a micro-publishing company and is the creator "...for the Clueless) series.*

# PERSONAL GROWTH

## COMMUNICATION SKILLS

### OVERCOME YOUR FEAR OF PUBLIC SPEAKING *(online)*

Is your public speaking anxiety limiting your business, school or personal goals? Join Performance Psychologist Dr. Nick Lazaris as you learn the essential skills necessary for controlling the terrifying physical and emotional feelings of anxiety and panic.

Discover key techniques to reduce speech anxiety and gain confidence. You can turn your fear of public speaking into energized performances every time.

Mon, 10/3

7:00pm-9:00pm

\$39 (plus \$25 material fee, payable upon registration).

### OVERCOME ANXIETY IN STRESSFUL SITUATIONS *(online)*

Whether you are making a presentation at work or in school, auditioning for a role, presenting on video or Facebook, giving a closing argument in a courtroom, or stepping up to the first tee, you can conquer your fear and achieve success when you need it most! You will learn the mental and physical skills necessary to think more clearly and creatively under pressure. Overcome your anxiety and perform better than ever before.

Mon, 11/14

7:00pm-9:00pm

\$39 (plus \$25 material fee, payable upon registration).

**Instructor:** *Dr. Nick Lazaris is a Clinical Psychologist & Professor at California Southern University with over 35 years' experience helping his clients achieve their absolute personal best in life, business and relationships.*

# Taipei-California Cultural Exchange

ADULTS AND YOUTH GRADES 3-12

Celebrate Chinese language and culture this fall at Cerritos College Community Education from **September 20 – November 22, 2022**. Members of the community and students can take online courses taught by respected professors from the University of Taipei.

You can virtually attend the University of Taipei from your own home where you will receive **10 sessions**. If you participate in the program, you can:

- Learn basic Chinese language
- Explore Chinese culture
- Expect small class sizes
- Participate via zoom
- Receive a Certificate of Participation at the end of the course

**10-week Fall 2022 dates: 9/20-11/22**  
**6:00pm-7:00pm**  
**\$109**

For more information or to register  
call (562) 467-5050 or email  
[CommunityEd@Cerritos.edu](mailto:CommunityEd@Cerritos.edu)

These courses are made possible through a partnership with Cerritos College Board Member Dr. Shin Liu, Taipei City Government, University of Taipei, and Cerritos College Adult Education and Community Education.



臺北市立大學  
University of Taipei



CERRITOS  
COLLEGE



### STOCKS – BONDS – MUTUAL FUNDS (EFT'S) *(online)*

This course is perfect for those who want to learn more about the stock, bond and mutual fund markets including how they work, tracking and following them, what influences their prices, load and no-load mutual funds, and how interest rates can affect your financial well-being and how to manage risk.

The course will highlight issues such as stock and index options, domestic and global stock markets, new and hot

issues, selling short, tax-free bonds, buying stock on margin, how the stock exchanges work, dollar cost averaging, how to read a typical account statement, retirement plans (IRAs, SEP-IRAs, Roth IRAs, 403Bs, 401ks, Annuities) and how market prices respond to news. Several stock market theories will be discussed and explained.

Wed, 10/19  
\$39

6:30pm-9:00pm

**Instructor:** *Jalon O'Connell is a Registered Representative, General Securities Principal and licensed Insurance Agent with National Securities. For over 12 years she has taught and lectured at numerous colleges and organizations.*

## RETIREMENT & YOUR GOLDEN YEARS

### ESTATE PLANNING FOR EVERYONE *(online)*

Did you know that your 'Estate' consists of everything of value—cash, clothes, cars, real estate, investment and retirement accounts, pensions, etc. that you've accumulated throughout your lifetime?

Join us for this informative, interactive class to learn how to preserve and manage your assets while you still can, and then transfer it to your loved ones after you pass away. This process involves weighing various personal and financial decisions and creating legal arrangements to carry out those decisions.

We will discuss how to properly receive an inheritance as well as how to give one, strategies to avoid expensive delays and legal challenges and intelligent distribution of assets, charitable giving. Wills, trusts, asset protection, probate and family businesses will also be discussed.

Wed, 11/2

6:30pm-9:00pm

\$39 single OR \$49 per couple

**Instructor:** *Jalon O'Connell is a Registered Representative, General Securities Principal and licensed Insurance Agent with National Securities. For over 12 years she has taught and lectured at numerous colleges and organizations.*

### PREPARING FOR A RECESSION: 5 CORNERSTONES OF FINANCIAL PLANNING DURING A VOLATILE MARKET *(online)*



High inflation, rising interest rates, and a market that seems to be changing direction daily. It's a nerve wrecking time for someone hoping to retire within the next 10 years. In this class we will be discussing essential strategies for retirement planning in today's volatile economy! Join us for candid discussions and to receive resources that will enable you to put yourself in the best financial situation as you prepare for retirement.

Thurs, 11/3  
\$49

7:00pm-9:00pm

**Instructor:** *Pamela Rodriguez is a financial planner and investment advisor with over 14 years of experience. She is passionate about financial literacy and believes that it is instrumental in helping people make better financial decisions.*

## HEALTH

### PREDIABETES, DIABETES AND YOUR HEALTH *(online)*



Diabetes is one of this nation's leading chronic illnesses. Managing this condition and advocating for your health can often be challenging and intimidating. This course is ideal for those living with Prediabetes/Diabetes as well as their family members/caregivers who assist in caring for them.

**In this course you will learn the following:**

1. Basic facts about prediabetes and diabetes
2. How diabetes affects the body
3. The relationship between diabetes, weight, diet, and exercise

4. Identify the medical professionals that are part of your prediabetes/diabetes team
5. Strategies for effectively communicating with your medical team.

You will have the opportunity to discuss your experiences as well as receive useful resources to help manage your illness.

Wed, 10/16  
\$35 single or \$45 double

6:00pm-9:00pm

**Instructor:** *G.A. Kendrick is a credentialed Health educator and a Registered Dietitian with over 30 years of experience.*



# ENRICHMENT & INTERESTS

## MOTORCYCLIST TRAINING

### MOTORCYCLIST TRAINING COURSE (MTC)



*DMV CERTIFICATE AWARDED  
(upon successful course completion)*

California Motorcyclist Safety Program offers the Motorcyclist Training Course (MTC), which is designed for the novice rider with no (or limited) street-riding experience. This 16-hour weekend course includes both classroom and on-cycle instruction. Although designed for new riders, any rider that has not taken a motorcycle course will benefit from this course. You will learn fundamental skills required to operate the motorcycle and progress to street riding skills and strategies. Topics covered include: overcoming fear, understanding how motorcycles turn, proper cornering strategies, and emergency crash avoidance skills.



This course is mandatory for those under 21 years of age desiring a motorcycle or scooter license. For students under 18, a parent must show ID (or legal guardian proof of guardianship) and sign a waiver at the start of the first class.

You will have 6 hours of in-class instruction and 10 hours of on the range, riding instruction and practice. You must be on time to every part of this course – if you are late, you will be dismissed from the class. Please bring water, and a sack lunch, as you will be in your class all day and will not have enough time to leave campus to purchase food.

A motorcycle and helmet will be provided for you in this course; if you want to complete the course on a scooter, you must notify us upon registering for the class. You need to bring either a valid a state issued driver's license, permit or ID card to the first class. Additionally, you will need to be dressed in a long sleeve shirt or jacket, full-fingered street-motorcycle-specific or leather gloves (mechanics-style gloves, off-road gloves, etc. are NOT allowed), long, thick jeans or pants (no spandex/stretch pants) without rips or holes and sturdy, padded, over the ankle boots (no fashion boots, or high heeled boots), leather high-top sneakers are allowed (canvas or cloth sneakers are NOT allowed).

In accordance with State safety standards, early dismissal may occur during the riding portion of the class if you do not demonstrate safe riding techniques (as determined by the instructor). Your attendance and participation is not a guarantee that you will be able to successfully complete the course. Students successfully completing the class will receive the DMV completion certificate, which may waive the riding portion of the DMV test. Your certificate will be mailed to you within 10 working days of your course completion. (Note: you will still need to take the written test at the DMV).

### COMPLETE COURSE OVER 3-DAY PERIOD:

**Thurs. online classroom, Sat. in-person riding and classroom,  
Sun. in-person riding.**

**\$350 age 21 and over; \$295 under 21**

**Classes fill quickly - register today to reserve your spot!**





# ENRICHMENT & INTERESTS

## MOTORCYCLIST TRAINING

### MORE PRACTICE

MORE PRACTICE is a personalized training class, for two types of students: 1). Newer students who already have a Class M1 license and would like to have more practice on a motorcycle to develop stronger riding skills or 2). Students who within the last 45 days have taken the Motorcyclist Training Course (MTC) at Cerritos College and attempted the Skills Test and were unsuccessful in that course. Skills to be focused on in this class are clutch control, shifting & stopping, riding through curves, weaving, low speed turning & lane changing, negotiating curves, swerving, and more! At the end of the course, a skills evaluation will be done, so you know where you've improved and where you might still need to practice a bit on your own.

Sat, 9/10, 10/8, OR 11/5  
\$175

7:00am-11:30am

### 1-DAY PREMIER/IRC (INTERMEDIATE RIDING CLINIC)

Developed by Total Control Training, and the CMSP, the 1-Day Premier and Inter-mediate Riding Clinic Courses are the perfect next step for current riders who are looking to improve their skills as well as veteran riders that have recently re-turned to riding and need a refresher session. If your goal is to obtain an M1 li-cense and your skills are beyond the basics, the 1-DP class is definitely the course for you. Upon successful completion, you will be issued a DL389 certificate which may enable you to waive the riding skills portion of the DMV license application. If you already have your Class M1 license and have more than 500 miles of experience and may not have ridden for a while, the IRC class is for you.

These courses include both short classroom sessions and hours of riding exercises. The IRC & 1DPC are based on the most current research in rider safety, utilize modern training methods and have been proven to enhance student out-comes. Although designed primarily as a safety course, the course is also challenging and fun and it is completed in one 8-hour day.

We can provide a motorcycle for you if you sign up for the 1 Day Premier and should need one.

Sun, 9/11, 9/25, 10/9, 10/23, 11/6, 11/20,  
12/4, OR 12/18  
\$279 7:00am-4:00pm

## WOODWORKING

### FUNDAMENTALS OF WOOD AND BOWL TURNING

This Fundamentals class is appropriate for beginning to advanced wood turners. The class will start with wood turning basics emphasizing use of lathe and turning tools plus sharpening, general spindle and hollowing work on selected projects. For intermediate and advanced students, bowl projects include hollow form, natural edge, free form and decorating enhancements.

14-Sat, 9/10-12/17  
(no class on 11/26)  
\$299

8:00am-12:00pm

***Instructor: Jerry Knight**, is an award-winning bowl turner and is a lifetime woodworking hobbyist. He is currently Vice President of the Orange County Wood Workers Association and has been teaching wood turning at Cerritos College since 2016.*



# ENRICHMENT & INTERESTS

## HOME & GARDEN

### **HALLOWEEN MONSTER CUPCAKES** [\(online\)](#)

Everyone will have a crazy good time learning how to decorate this group of wild and hairy monsters! Using buttercream icing and a variety of fun techniques, you will create fun monster faces perfect for any Halloween party.

Wed, 10/26

6:30pm-7:30pm

\$25 (materials needed are listed online).



### **DEAR SANTA CUPCAKES** [\(online\)](#)

Decorate Christmas cupcakes that will impress Santa himself! You'll use easy buttercream icing techniques such as pull-out fur, zigzags and printing to make festive cupcakes for your celebrations. Recommended for all skill levels. Great for kids.

Wed, 12/21

6:30pm-7:30pm

\$25 (materials needed are listed online).

***Instructor:** Lakyn Wynn, who has taught baking and the arts for more than a decade, is an award winning cake decorating teacher. Her philosophy is to keep homemade and handmade alive.*

## DANCE

### **SALSA** [\(in-person\)](#)

If you have never tried Salsa but would love to experience the excitement and fast, fluid movements, this class is what you have been looking for! This course is designed for students who are beginning and those who are confident with the Salsa rhythm. You will work on the footwork, turns, patterns, shines as well as proper posture, weight transfer, frame and connection.

Come alone or come with friends; you will have the opportunity to dance with everyone including the instructors!

10-Wed, 9/21-12-7

7:00pm-8:30pm

(no class 11/23)

\$79

***Instructor:** Latin Spice Dance Group has over 20 years of experience teaching dance. Besides teaching, Latin Spice instructors also demonstrate at company events, weddings and private parties.*



### **BELLY DANCING**

Explore and share in the exciting rhythms and dances of the Near and Middle East through proper and beautiful arm, hand and body techniques. Start immediately with finger cymbals and footwork and learn mysterious belly rolls and hypnotic veil work as well as dance combinations. Class may be repeated. Please bring 2-1/2 to 3 yards of flowing fabric, approximately 45" wide.

6-Sat, 10/15-11/19

10:00am-11:00am

\$69

***Instructor:** Tonya Chianis has won the International Academy of Middle Eastern Dance Award for Best Teacher, and the Hall of Fame Award presented by the Middle Eastern Culture and Dance Association.v.a*

*This course not only offered a fun way to exercise but also cultural enrichment as well. The Instructor is extremely inspirational. Anonymous*

# ENRICHMENT & INTERESTS

## MIND, BODY & SOUL

### REIKI I (online)

7 HOURS – CERTIFICATE AWARDED

This course is on the Japanese natural healing system called Reiki, which translated from Japanese means “universal life force energy.” Reiki is an energy based system that allows relaxation thereby eliminating stress & toxins from the body while increasing the body’s natural ability to heal. Students will learn the first level of Reiki healing for self-care and healing as well as Holy Fire Reiki which is a more refined, powerful energy (hands-on).

The class emphasis will be on how stress, and habitual thinking patterns impact the body/ mind, and how to use Reiki to care for themselves. The instructor will teach how to transmit Reiki energy to the body with particular emphasis on the endocrine system and secondary function endocrine glands for overall body relaxation.

Sat, 10/22 10:00am-5:00pm  
\$129

**Instructor: Dr. Laura Luna**

*The class was wonderful. I found every bit of the class exciting. The instructor was GREAT! Kaleef P*

### INTRODUCTION TO MEDITATION AND BREATHING (online)

Meditation is a state of being where the mind becomes still and awareness is heightened and internalized. You will learn to meditate in a supportive group environment with techniques that are simple, yet have deep potential. You will also learn simple breathing techniques that increase your energy and promote calmness. Easy to follow instructions will be given each week so you can continue at home if you wish.

#### Some of the benefits of meditation:

- Decrease stress
- Lower blood pressure
- Improve hormonal issues
- Cope with life’s ups & downs more easily
- Reduce anxiety
- Gain more energy

*Please bring a chair or yoga mat to class.*

6-Mon, 10/10-11/14 7:00pm-8:00pm  
\$69

**Instructor: Dr. Laura Luna**, is certified in Reiki I, II and master level Reiki III. She completed training with two different Reiki masters, trained in the Usui for Reiki

### TAI CHI CHUAN (in-person)

Through lecture, demonstration, and the practice of the Tai Chi movements, students will experience the benefits of this ancient Chinese exercise and martial art, such as reduced stress, improved balance, and increased muscle tone. You will learn Chinese Chi Kung (breath work) as a calming exercise prelude to Tai Chi practice.

This course introduces students to a Chinese health exercise, which is neither vigorous nor strenuous. It is suitable for anyone who wants to exercise to gain or maintain good health. It will strengthen the muscles and organs, relax the mind and body, improve blood circulation, and increase memory and concentration.

6-Sat, 9/17-10/22 8:30am-10:00am  
\$65

OR

6-Sat, 10/29-12/10 8:30am-10:00am  
(no class 11/26)  
\$65

**Instructor: Dan Layne, B.S.** is certified as a specialist in Balance and Mobility through Cal State Fullerton and holds a “Master Trainer” certification for the Matter of Balance program sponsored by the Department of Ageing. He is certified to teach Tai Chi Chuan by the Hong Kong Royal Life Saving Society.

### POWER UP CARDIO KICKBOXING

WITH MINI TRAMPOLINES

This class consists of punching, kicks, and full body exercises that will work the abdominal (core) leg, buttock, and deep back muscles. Cardio Kickboxing helps improve balance, coordination, and overall motor skills, it promotes total body training and fitness in a way that nearly no other sport does. Whether you are just starting to hit the gym, or have been doing so for years, Cardio Kickboxing can improve your strength and your self-esteem. Within the class we will use mini trampolines with improve your bones, works your core and stabilize your hips. You can burn 700-900 calories each class. The Cardio Kickboxing workout training combined with a healthy diet will make you reach your fitness goals quickly.

**You will need:** a yoga mat, 2, 3, or 5 pound weights, water and a towel)

**Note:** Ages 15 and up

10 mtgs, Tues & Thurs, 10/11-11/10 6:30pm-7:30pm  
\$99

**Coach Experience: Christopher Rizo** is a certified personal trainer by NASM (National Academy of Sports Medicine) 25+ years of boxing experience. Retired undefeated professional boxer, Trained by the famous boxing coach, Freddie Roach.

# ENRICHMENT & INTERESTS

## MUSIC

### GUITAR: INTRODUCTION ([online](#))

AGES 14 TO ADULT

Learn to play guitar in a friendly and supportive environment. You'll learn to play chords, single note melodies and strum styles. No musical experience required.

*You must have your own acoustic guitar.*

6-Sat, 9/17-10/22 9:00am-10:00am  
\$69 (plus \$5 material fee, payable upon registration).

**Instructor:** *Katarina Giesler holds a single subject credential in music. She has directed musical ensembles, such as band, orchestra, choir and musicals. She also teaches small group lessons.*

### GUITAR: INTERMEDIATE ([online](#))

AGES 14 TO ADULT

Students will continue learning acoustic guitar basics with emphasis on learning more chords, strum styles and single note melodies.

*You must bring your own acoustic guitar.*

**Prerequisite:** *Students must first take Intro Guitar class OR have experience playing.*

6-Sat, 11/5-12/17 9:00am-10:00am  
(no class 11/26)  
\$69 (plus \$5 material fee, payable upon registration).

## SOMETHING FOR EVERYONE

### CREATE BALLOON DÉCOR & MORE!

Have you ever been to an event with beautiful balloon decor, (e.g. Birthday Party, Retirements, Baby Showers, Holiday Events, etc.) and wanted to learn how it was done? In this class you will learn how to create stunning centerpieces, eye-catching columns and learn the secrets of Organic balloon designs. If you would like to start a small business, balloon design is a perfect way to make extra money. This course will offer hands-on instruction and formulas to start a small balloon business. Bring your creativity and a pair of scissors.

2-Sat, 11/5 & 11/12 9:00am-12:00pm  
\$55 (plus \$15 material fee, payable upon registration).

**Instructor:** *Yvette Mack, CBA (Certified Balloon Artist), has been providing balloon Decor for over 20 Years. She specializes in Classic Balloon Decor and Organic balloon designs.*

### DIA DE LOS MUERTOS/ DAY OF THE DEAD (MAKEUP)

Have fun discovering and exploring your artistic creativity while learning elaborate Day of the Dead makeup. We will learn designs and techniques that you can do faster but are still beautiful. You will be introduced to basic brush strokes that are specific to creating Dia de los Muertos designs, which you will actually paint yourself. You will observe demonstration techniques and also get hands-on practice.

2-Tues, 9/20-9/27 6:00pm-9:00pm  
\$89 (materials needed will be online).

**Instructor:** *Carmen MacDonald, B.A., is a professional makeup artist, special effects master, designer and face painter who loves to teach and share her skills with others.*



### MAKE MONEY PET SITTING (AFTER SCHOOL OR WORK) ([online](#))

**NEW**

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in class fee.

Fri, 9/30 4:00pm-6:00pm  
\$49 (plus a \$10 material fee, payable upon registration)

**Instructor:** *LeeAnne Krusemark is a seasoned professional pet sitter and a longtime entrepreneur.*

### FACE PAINTING (PARENT & ME)

This interactive class will be hands on practice creating a variety of colorful designs, especially for faces painting. Children and parents can make amazing designs using their creativity. The skills learned in this class can be used at parties, family gatherings, in-home play dates to for hours of fun. The parent and child can practice their artwork in a fun, encouraging environment. There is no artistic skill required, (materials list will be online).

Sat, 11/12 9:00am-12:00pm  
\$79 (parent & child)

**Instructor:** *Carmen MacDonald, B.A.*



# ENRICHMENT & INTERESTS

SOMETHING FOR EVERYONE

## CRAFT BEER CRAZE *(online)*

**NEW**

*MUST BE 21 TO ENROLL*

Beer shouldn't be confusing; it should be fun! Craft beer is booming nationwide. There are over 9,000 breweries in the United States. It can be overwhelming to find a beer you'll enjoy, but we are here to help. In this introductory course aimed at those with little experience, but great enthusiasm, you will learn a brief history of beer, how beer is made, various style differences and how to decode a beer menu. So, sit back, relax and enjoy a cold beer.

2-Sat, 10/15 & 10/22

1:00pm-3:00pm

\$59

**Instructor:** *Gabriel Velarde is an alumni of Cerritos College Culinary Arts. He has over 10 years combined experience in food and beverage industries. Having worked in craft beer both behind the bar and in production, his knowledge will help introduce you to the world of beer.*

## TEXAS HOLD 'EM FOR BEGINNERS

*YOU MUST BE 21 TO REGISTER*

Have you dreamed of playing in the Main Event of the World Series of Poker? Or do you just want to impress your friends by crushing your Friday night home game? Either way, in poker it all begins with the fundamentals. This course was designed to give beginners the skills necessary to be comfortable in just about any game you find yourself sitting in.

This course will consist of a series of short lectures, followed by examples, and then the opportunity to put what you just learned to the test on a real poker table. We will teach you a proven method of analyzing your chances to win with any two cards. You will be filmed, to see where you need to make adjustments in your game. And our "final exam" will consist of a poker tournament with one of you coming out on top!

**Please note:** *There is no exchange of money or wagering in this class.*

3-Mon, 10/10, 10/17 & 10/24

6:30pm-9:00pm

\$65

**Instructors:** *Tim Smith, MBA, JD, is a Management Consultant who has played poker both at the amateur and professional level for over 30 years. He has played in tournaments all over the country, including WSOP. Greg Milbaupt, MBA, is a Chief Financial Officer, who over the past 14 years has fine-tuned his poker skills playing among some of the world's elite poker players at the World Series of Poker. He also regularly plays in a local poker club that he formed and hosts.*

## CONSISTENCY IS KEY

**NEW**

Would you like the ultimate secret to becoming successful in any goal – guaranteed? Well, the answer can be summed up in one word – consistency. Master this, and you will master any and everything you set your mind on. If you want a successful marriage, to achieve ultimate fitness, or achieve your educational goals, consistency is key. Whatever goal you set, and whatever steps you know you must take, those steps must be taken and executed consistently! This course will show you how to become consistent to achieve any goal!

**In this course, you will discover how to:**

- Strengthen your personal commitment to succeed consistently
- Create an action plan to accelerate your immediate progress
- Diminish indecision to realize what you truly want
- Overcome procrastination to make your goals a reality
- Restore the life-purpose dream you may have postponed
- And much, much more...

Sat, 10/15

9:00am-12:00pm

\$35 (plus \$20 materials fee, payable upon registration).

**Instructor:** *Charles Prosper, is a highly successful entrepreneur and author of over 7 books on Amazon.com. "Why Consistency is the Key to All Success is a classic and is offered for the first time as an in depth course.*

## OVERCOME YOUR FEAR OF PUBLIC SPEAKING *(online)*

Is your public speaking anxiety limiting your business, school or personal goals? Join Performance Psychologist Dr. Nick Lazaris as you learn the essential skills necessary for controlling the terrifying physical and emotional feelings of anxiety and panic.

Discover key techniques to reduce speech anxiety and gain confidence. You can turn your fear of public speaking into energized performances every time.

Mon, 10/3

7:00pm-9:00pm

\$39 (plus \$25 material fee, payable upon registration).

**Instructor:** *Dr. Nick Lazaris is a Clinical Psychologist & Professor at California Southern University with over 35 years' experience helping his clients achieve their absolute personal best in life, business and relationships*

*Excellent information, right on target to help me. Breathing and relaxation activities were very helpful. Lots of other helpful hints including diet, positive self-talk and much more. Jeanie*

# ENRICHMENT & INTERESTS

## SOMETHING FOR EVERYONE

### UNDERSTANDING GRIEF AND LOSS

Loss is an inevitable part of life, and grief is a natural part of the process. In this class you will learn about the Stages of Grief and Loss and have the opportunity to share your experiences with others who are going through the same experience. The course objective is to provide knowledge, personal growth, and an understanding of the experience of the loss of a loved one. Additional resources that can help you continue on your journey of healing will be provided.

Sat, 11/12 9:30am-12:30pm

OR

Sat, 11/19 (en español) 9:30am-12:30pm

\$39 (plus \$10 material fee, payable upon registration).

**Instructor:** *Teresa Estrada is an experienced educator and counselor. She teaches workshops on grief and loss at various locations. She also has taught grades K-12, as well as ESL, college prep courses, and psychology courses at Webster Career Business College (where she had been nominated for Teacher of The Year in 1997).*

### VISION BOARD (online)

In the Vision Board class, this phrase takes on a whole new meaning when you create an intentional road map that allows you to explore

your goals, dreams and aspirations and create clear means of achieving them. Through guided exercises, discussion and feedback, you will leave with a clearer picture for the future. This fun and informative class is great for adults, children and families and you leave with a concrete reminder you can reference for a lifetime.

Sat, 10/29 10:00am-1:00pm  
\$55

**Instructor:** *Dr. Dorothy Kegler*

### GOOGLE SUITE FOR HOME AND BUSINESS (online)

Google Suite is an introduction to Google Docs: slides, sheets, forms. During this hands-on course, you'll learn the basics of this very popular software that can be used both in business, and in your personal life, to create professional and efficient documents that will impress those around you.

Sat, 9/24 10:00am-1:00pm  
\$45

**Instructor:** *Dr. Dorothy Kegler is the Owner of Kegler's Consulting, an educational and career consulting firm. She is destined to assist you with realizing your dreams and goals.*



### TRAFFIC SCHOOL (in-person)

**Pre-register to save \$5 on your class registration!**

**Traffic school classes fill quickly - if you register anytime before the day of class, you will ensure your spot AND save \$5!**

Cerritos College (traffic school #TVS00087) offers an eight-hour class, taught in English. After obtaining permission from the courts to attend traffic school, you can then register for traffic school.\*

**You must bring your drivers license and citation to class** - if you do not, your information cannot be entered into the CA DMV website and you will not get credit for your traffic school attendance. If your ticket was obtained out of state, you **MUST VERIFY BEFORE REGISTERING** with the out-of-state courts as to if they will accept the completion receipt (not all will). If you register and the out of state court rejects your completion receipt, no refund will be given.

Per DMV regulations, class begins at 8am sharp - you cannot arrive late. Please arrive approximately 15 minutes before class begins in order to buy your parking permit, find your class location on campus and fill out your paperwork you need to complete for your class. You need to be in your seat at the start of class - if you are late, you will not be let in, and no refund will be issued.

At the completion of class, you will receive a completion receipt. Within three business days, the office will enter your attendance and information you provided on the forms you completed into the CA DMV system electronically; this is how the courts will know that you completed your class.

\*Per DMV regulations, commercial drivers are prohibited from attending traffic school except if they obtain a violation when operating a non-commercial vehicle (per AB 1888).

Sat, 12/3 8:00am-4:00pm  
\$35 pre-registration, \$40 same day registration

**Instructor:** *Mr. Richard Jensen was a member of the Whittier Police Dept. for 24 years. He was awarded the 2018 "Case of the Year" award from the Orange County Traffic Investigators Association.*



# CHILD / TEEN CLASSES

## ACADEMICS: MATH

### FRACTIONS, DECIMALS & PERCENTS SKILL BUILDING & TUTORING *(online & in-person)*

#### GRADES 4-7

One of the most difficult concepts for students to learn is fractions...your instructor will help your child become more familiar and comfortable with fractions, decimals & percentages. Through the teaching of concepts and attention to individual homework questions, students will learn the skills needed to handle problems with fractions, decimal and percentages and realize that fractions are friends and percentages are pals. Students will work individually and in small groups with the teacher checking on their progress throughout the class. *Have your child bring their homework to every session.*

#### IN-PERSON

12 mtgs, 9/20-10/27 4:00pm-5:00pm

#### ONLINE

12 mtgs, 11/1-12/13 4:00pm-5:00pm

\$95

**Teacher:** *Dr. Lisa Perez*



### PRE-ALGEBRA SKILL BUILDING & TUTORING *(online & in-person)*

#### GRADES 6-9

Are you just getting started with the fundamentals of pre-algebra? Do you need some help with your pre-algebra skills? This class will provide specific help to meet the needs of each student. You meet twice a week for six weeks and the instructor will go over key pre-algebra concepts/skills, and then in the group setting, help students to work at their own level on their pre-algebra homework. The instructor will provide academic support as well as encouragement to help your son/daughter feel more confident in their understanding of Pre-Algebra.

*Have your child bring their homework to every session.*

#### IN-PERSON

12 mtgs, 9/20-10/27 5:00pm-6:00pm

#### ONLINE

12 mtgs, 11/1-12/13 5:00pm-6:00pm

\$95

**Teacher:** *Dr. Lisa Perez has taught math at both the high school and college level. She is passionate about increasing women in STEM.*

## ACADEMICS: READING & WRITING

### READING COMPREHENSION & IMPROVEMENT STRATEGIES *(online & in-person)*

#### GRADES 3-5 & 6-9

Master the skills needed to be an effective reader! You will learn how to find the main idea, increasing your vocabulary, drawing conclusions from what is read, spotting an author's purpose and point of view, sequencing, cause and effect, comparison and contrast and inference. Students will be exposed to different comprehension strategies that will aid in their reading and understanding of short stories and chapter books, as they learn to read more closely to identify themes, social commentaries, and purposely chosen words that give what they are reading a new and more rich meaning.

**Teacher:** *Emiliano Lopez*

#### IN-PERSON GRADES 3-5

12 mtgs, T/Th, 9/20-10/27 4:00pm-5:00pm

#### ONLINE GRADES 3-5

12 mtgs, T/Th, 11/1-12/13 4:00pm-5:00pm

#### IN-PERSON GRADES 6-9

12 mtgs, T/Th, 9/20-10/27 5:00pm-6:00pm

#### ONLINE GRADES 6-9

12 mtgs, T/Th 11/1-12/13 5:00pm-6:00pm

\$95

## ACADEMICS: LANGUAGE

### SPANISH *(online & in-person)*

#### GRADES 3-6 & 7-12

Would you like to know how to speak a different language? Spanish is spoken frequently in California, this is the best second language to know! An introduction to vocabulary and the basic structure of the Spanish alphabet will be taught. Speaking and listening comprehension will be emphasized through the use of realistic conversation in class. Writing and reading activities will also be done on a regular basis.

**Teachers:** *Elizabeth Rojas has been an instructor with the adult literacy program "Plaza Comunitaria at Cerritos College for over 13 years. In collaboration with the Adult Education Dept. & the Mexican Consulate, she has helped many students reach their educational goals. Emiliano Lopez, who has earned his TEFL-TESOL certification, has taught both English and Spanish nationally and abroad for the past 10 years. He specializes in teaching English to non-native speakers using audio and visual technology.*

# CHILD / TEEN CLASSES

## ACADEMICS: LANGUAGE

### CHINESE LANGUAGE AND CULTURE CLASS

(GRADES 3-12)

Tapai-California Cultural Exchange: Introduction to Chinese language and culture

SEE Pg. 12 FOR DETAILS



## ENRICHMENT

### NOW YOU'RE COOKING! JR. CHEF

GRADES 3-5

The ability to follow directions is one of the most important skills for a child to have in order to be successful in schoolwork. Cooking is a great way to acquire the skill along with math and reading comprehension skills. Students will learn how to make tasty and healthy snacks like veggie lasagna, veggie egg rolls, biscotti, frittatas, blondies, bread in a bag with homemade butter, Pizza dough and pizza, and apple dumpling bake. Students will make a small recipe book to start building on the items they have learned to make. Best of all, they get to eat what they make!

2-Sat, 10/15 & 10/22 9:00am-12:00pm  
\$49 (plus \$10 material fee, payable upon registration)

**Teacher: Ester Moreno** has earned two Associate Degrees from the Cerritos College Culinary Arts Dept. She has experience creating fine dining banquets as well working with non-profits to provide food for those in need.

### FACE PAINTING (PARENT & ME)

This interactive class will be hands on practice creating a variety of colorful designs, especially for faces painting. Children and parents can make amazing designs using their creativity. The skills learned in this class can be used at parties, family gatherings, in-home play dates to for hours of fun. The parent and child can practice their artwork in a fun, encouraging environment. There is no artistic skill required, (materials list will be online).

Sat, 11/12 9:00am-12:00pm  
\$79 (parent & child)

**Instructor: Carmen MacDonald, B.A.**, is a professional makeup artist, special effects master, designer and face painter who loves to teach and share her skills with others.



## MUSIC

### BRASS INSTRUMENTS

(GRADES 5-12)

Looking to improve your brass playing this fall? Join our fall brass master class series! This class will cover useful brass techniques, valuable warm-ups, and opportunities for students to perform in a masterclass to enhance their performance skills. The end of the session will culminate in a brief performance/ recital. This class is open to trumpet, horn, trombone, tuba, and euphonium players of all ages and with at least one year of experience.

You do not have to own or go out and purchase an instrument for this class, you can rent one from you local music center or from Bellflower Music located at 17125 Bellflower Blvd., Bellflower, CA 90706 (562) 867-6715.

6-Sat, 9/17-10/22 8:00am-9:00am  
\$69 (plus \$5 material fee, payable upon registration).

6-Sat, 11/5-12/17 (no class 11/26) 8:00am-9:00am  
\$69 (plus \$5 material fee, payable upon registration).

**Teacher: Ms. Tatiana Giesler** has a Master's degree in Trumpet Performance and has taught students of all ages and abilities. She has recorded and performed at well-renowned halls.



### PIANO: INTRODUCTION

GRADES 3-8

This class is for students with no piano/music experience. Lessons include activities related to reading notes, rhythm and music symbols. Listening skills and keyboard activities will be included.

6-Sat, 9/17-10/22 10:05am-11:05am  
\$69 (plus \$5 material fee, payable upon registration).

6-Sat, 11/5-12/17 (no class 11/26) 10:05am-11:05am  
\$69 (plus \$5 material fee, payable upon registration).

**Teacher: Katarina Giesler** holds a single subject credential in music. She has directed musical ensembles, such as band, orchestra, choir and musicals. She also teaches small group lessons.

*It was fun, my teacher helped me in the piano. I learned many things about the piano. Jenny*



# CHILD / TEEN CLASSES

## MUSIC

### PIANO: BEGINNING

#### GRADES 3-8

Sequel to Piano Introduction. Upon entering this class, students should be able to count quarter, half and whole notes. Students should be able to name the white notes on the keyboard and read notes on the staff in Middle C position.

6-Sat, 9/17-10/22 11:10am-12:10pm  
\$69 (plus \$5 material fee, payable upon registration).

6-Sat, 11/5-12/17 (no class 11/26) 11:10am-12:10pm  
\$69 (plus \$5 material fee, payable upon registration).

### PIANO: INTERMEDIATE

#### GRADES 3-8

Sequel to Beginning Piano. Upon entering this class, students should be able to read all notes on the lines and spaces of the grand staff and be able to identify intervals (leaps in the music) up to a 5th.

### GUITAR: INTRODUCTION/BEGINNING

#### AGES 14 TO ADULT

Learn to play guitar in a friendly and supportive environment. Whether you are just learning to play, or want to improve your skills, this class is for you. You'll learn to play chords, single note melodies and strum styles. No musical experience required.

*You must bring your own acoustic guitar.*

6-Sat, 9/17-10/22 9:00am-10:00am  
\$69 (plus \$5 material fee, payable upon registration).

**Teacher: Katarina Giesler** holds a single subject credential in music. She has directed musical ensembles, such as band, orchestra, choir and musicals. She also teaches small group lessons.



6-Sat, 9/17-10/22 12:15pm-1:15pm  
\$69 (plus \$5 material fee, payable upon registration).

6-Sat, 11/5-12/17 (no class 11/26) 12:15pm-1:15pm  
\$69 (plus \$5 material fee, payable upon registration).

### GUITAR: INTERMEDIATE

#### AGES 14 TO ADULT

Students will continue learning acoustic guitar basics with emphasis on learning more chords, strum styles and single note melodies.

*You must bring your own acoustic guitar.*

**Prerequisite:** Students must first take Intro Guitar class or have experience playing.

6-Sat, 11/5-12/17 (no class 11/26) 9:00am-10:00am  
\$69 (plus \$5 material fee, payable upon registration).



## ATHLETICS & MOVEMENT

### BALLET FOLKLÓRICO FALL DANCE WORKSHOP

#### AGES 5-15

If you have not experienced the wonderful world of Folkloric dance, but you have the passion to discover the colorful traditional movements, this class is meant for you. This beginning course is designed to introduce students to the fundamental tools in dance with an emphasis in Folk dancing. The main purpose is to prepare students to gain the confidence necessary to shine on stage, potentially moving up to the intermediate and advanced levels. The following structure is intended for the workshop but will be flexible to accommodate the students' needs.

- Warm up: using classic technique moves (ballet, contemporary)
- Body conditioning (center stretches & across the floor phrasing)
- Footwork (Zapateado) and Skirt Work (Faldeo)
- Repertoire: Choreography (Jalisco & Michoacan)

**Note:** The students must bring and wear the following attire: Folkloric Skirt, Folkloric Shoes, Soft Tennis shoes (warm up), Fitted and flexible clothing (Top and Bottom), hair pulled back.

5-Sat, 9/24-10/22 9:00am-11:00am  
\$75

**Instructor: Ismael Murillo**, who has earned his B.A in Kinesiology/Dance and his Master's Degree in Spanish has over 20 years of experience teaching and performing various genres of dance within the US and Internationally.

# CHILD / TEEN CLASSES

## ATHLETICS & MOVEMENT



### TOOTSIE ROLLERS

**AGES 18 MONTHS - 3 YEARS**

**PARENT PARTICIPATION REQUIRED**

Let's MOVE! This class is jam-packed with music, movement and Tumble-N-Fun! Together, we'll tumble-roll-balance-bounce-sing-hop-jump and enjoy safe, creative fun + music! Your toddler will learn to express themselves through creative play to gain balance, coordination and social interaction. Join us and be a "Tumble-N-Kid!"

6-Sat, 9/17-10/22 11:00am-11:45am  
\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 11/5-12/7 11:00am-11:45am  
\$90 (plus \$2 material fee, payable upon registration).

**Teachers: Tumble-N-Kids, Inc.**



### JAMMIN' GYMNASTS

**AGES 6-10; NO PARENT PARTICIPATION**

Girls and boys safely learn ageappropriate gymnastic skills including floor-tumbling, cartwheels, bridge/backbends, rolls, handstands, balance beam, trampoline and more. Beginners welcome! Gymnasts experience the benefits of healthy exercise, strength, coordination, agility, and balance while building self-confidence - valuable skills for all sports! Music and obstacle courses make learning FUN while progressive skill instruction enhances individual accomplishment, creating confidence and success.

6-Sat, 9/17-10/22 12:35pm-1:35pm  
\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 11/5-12/7 12:35pm-1:35pm  
\$90 (plus \$2 material fee, payable upon registration).

**Teachers: Tumble-N-Kids, Inc.**



### TUMBLE STARS

**AGES 3.5 TO 5 YEARS**

**SOME PARENT PARTICIPATION MAY BE REQUIRED**

Girls and boys are introduced to gymnastics in a safe, fun, age-appropriate atmosphere. Tumbling skills, "Position of the Day," rolls, balance beam, beginning cartwheels and more! Gymnastic skills are a great foundation for all sports! Lively music, props and creative play help students develop body control, flexibility, strength, coordination and balance. Class encourages confidence and fitness while teaching valuable skills to take them to the next level! Progressive skill level instruction helps "Tumble Stars" happily zoom to confidence, pride and success-high 5's for everyone!

6-Sat, 9/17-10/22 11:45am-12:30pm  
\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 11/5-12/7 11:45am-12:30pm  
\$90 (plus \$2 material fee, payable upon registration).

**Teachers: Tumble-N-Kids, Inc.**

### CHEERNASTICS

**AGES 7-12**

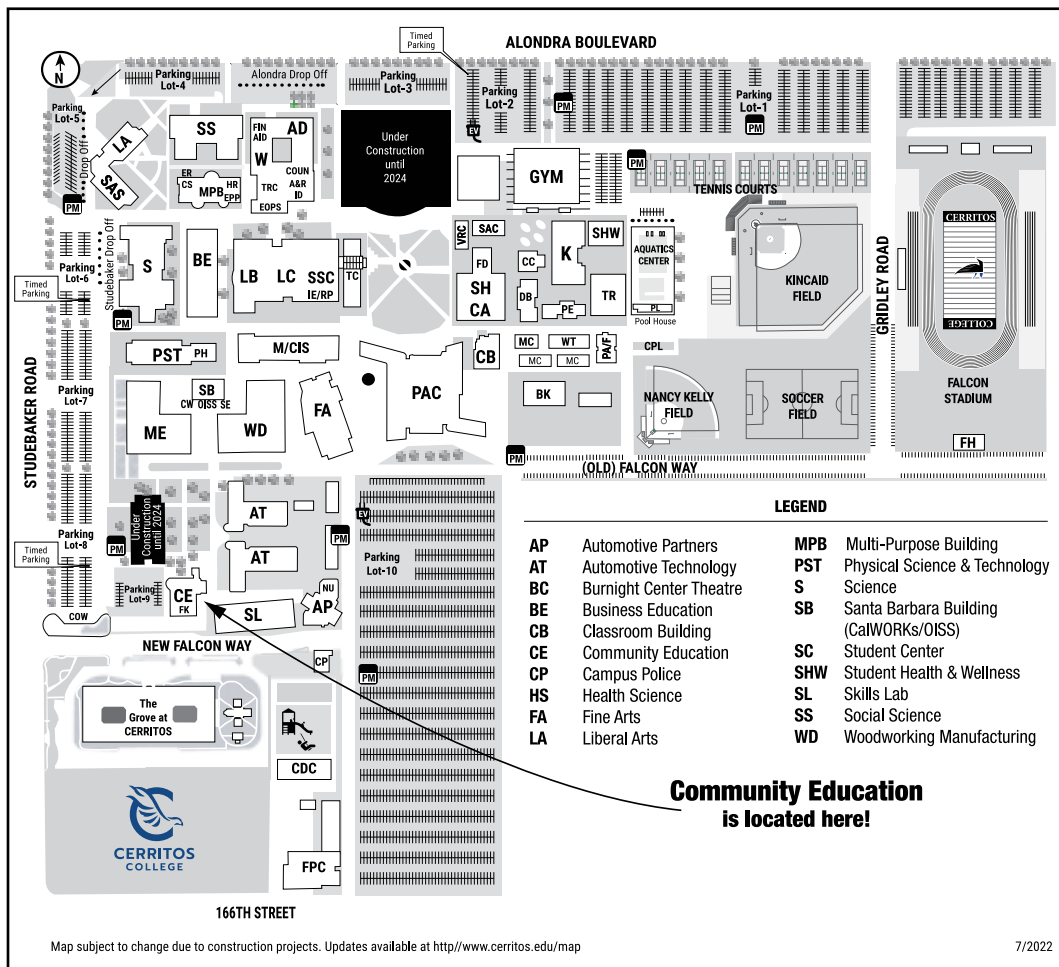
All levels welcome! Experienced coaches safely teach stunts, jumps, cheers, arm motions, and gymnastic skills. Primary tumbling skills include cartwheels, round offs, handsprings, walkovers, and routines! A great class to take in addition to the Jammin' Gymnasts class. Performance on last day!

6-Sat, 9/17-10/22 1:35pm-2:35pm  
\$90 (plus \$2 material fee, payable upon registration).

6-Sat, 11/5-12/7 1:35pm-2:35pm  
\$90 (plus \$2 material fee, payable upon registration).

# CAMPUS MAP & PARKING INFORMATION

**A PARKING PERMIT IS REQUIRED & ENFORCED 24 HOURS A DAY, YEAR-ROUND**



**PARKING** - You will need to pay for parking while on campus. Purchase your daily \$3 virtual parking pass by clicking on this link: <https://paymycite.com/CerritosCollege/Landing.aspx>.

Park in the student white stalls only.

Students with a disability "DP" plate/placard can park in any disabled, student or staff stall, but are still required to purchase a parking permit.

# **REGISTRATION INFO**

## **TRANSFERS & CANCELLATION POLICIES**

Once you are registered in a class(es), you will receive an emailed receipt along with an email confirmation. The confirmation contains all the class information you need to know about your class(es).

### **TRANSFERS**

To transfer registration to another class, your request must be received three or more business days before the first class meeting of the original class. There is a \$10 transfer fee for all transfers completed. We cannot complete any transfer once a class has begun.

### **CANCELLATIONS**

We make every effort to publish accurate course information, but due to the COVID-19 restrictions and uncertainty of the situation, some class dates/times may be subject to being rescheduled or cancelled. Any class that does not meet minimum enrollment may be cancelled. If Community Education cancels a class, you will be notified by email and phone prior to when the class was to begin. If our department has to cancel a class, a full refund will be issued to you.

If you want to cancel a class(es), you need to notify us about the cancellation three (3) or more business days prior to the start of the original class. There is a \$10 cancellation fee for all cancellations completed. If you notify us after a class has begun, no cancellation can be given.

If you are given a refund, registration fees paid by credit card will be returned to that card within 72 hours or less. Payments made by cash or check will be refunded by check from the District within 2-4 weeks and will be mailed directly to you.

### **STUDENT CONDUCT AND DISCIPLINARY PROCEDURES**

Students enrolling in any Cerritos College, Community Education course assume an obligation to abide by all District regulations and are subject to disciplinary actions if they fail to adhere to these regulations. The Office of Judicial Affairs is responsible for the student conduct and disciplinary procedures of the college. <http://www.cerritos.edu/activities/office-of-student-conduct-and-grievances/default.htm>.

### **STUDENTS WITH DISABILITIES**

Reasonable accommodations for students with a disability are available upon request. Requests must be made a minimum of 10 business days in advance of the class start date. Contact the Community Education office to begin the process of consideration of your accommodation request.

### **CERRITOS COMMUNITY COLLEGE DISTRICT BOARD OF TRUSTEES**

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# 4 EASY WAYS TO REGISTER!



ONLINE

## CerritosCommunityEd.com

- If you are a new student, click on "sign in" and create a new profile.  
If you are a returning student, simply login using your login & password.
- Select classes you want to register for by putting them in your "cart."
- Check-out and pay for your classes, using a VISA, Mastercard or Amex.
- You will get an email confirmation of your payment and class registration.



PHONE

## 562-467-5050 (press #1)

- A registrar will help you over the phone to register for the class(es) you want.
- You will pay over the phone with VISA, Mastercard or Amex
- You will get an email confirmation of your payment and class registration.



SCAN/EMAIL

## CommunityEd@Cerritos.edu

- Complete this registration form including credit card info for payment.
- Scan form or take a picture and email to CommunityEd@Cerritos.edu.
- You will get an email confirmation of your payment and class registration.



MAIL

## Cerritos College Community Education 11110 Alondra Blvd., Norwalk, CA 90650

- Complete the registration form and include your payment (check or credit card).
- You will get an email confirmation of your payment and class registration.

# REGISTRATION FORM

TO BE COMPLETED BY ADULT STUDENT OR PARENT OF YOUTH STUDENT

Adult Name (required): \_\_\_\_\_  
First Middle Last

Address (required): \_\_\_\_\_

City (required): \_\_\_\_\_ Zip (required): \_\_\_\_\_

Primary Phone (required): \_\_\_\_\_ Secondary Phone: \_\_\_\_\_

Email (required): \_\_\_\_\_ Date of Birth (required): \_\_\_\_\_

*Note: This is where we will send your receipt, registration confirmation and log-in information.*

COMPLETE IF YOUTH STUDENT (AGES 1-17). (If adult student, skip section)

Youth Name (required): \_\_\_\_\_  
First Middle Last

Date of Birth (required): \_\_\_\_\_ Grade Level (required): \_\_\_\_\_

Emergency Contact (required): \_\_\_\_\_ Phone (required): \_\_\_\_\_  
First Last

### REGISTER FOR THESE CLASS(ES)

Class Title	Class Date(s)	Class Fee(s)
Total Registration Amount:		\$

### PAYMENT INFORMATION

☐ Credit Card - Visa / MC / AMEX: \_\_\_\_\_  
(circle type) (credit card number) (expiration date)

☐ Card Billing Address (if different): \_\_\_\_\_  
*Note: The billing address of the credit/debit card will be verified to match the address your credit or debit provider has on file.*

☐ Check Amount: \_\_\_\_\_  
(check number)

Signature (required): \_\_\_\_\_ Date (required): \_\_\_\_\_

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# ADULTS JUST WANT TO HAVE FUN!



**NEW**



**Join the  
Craft Beer Craze!**



Pg. 19



**Play Poker  
Like the Pros:  
Texas Hold 'Em  
For Beginners**

Pg. 19



**Cerritos College District  
Community Education**

11110 Alondra Blvd.  
Norwalk, CA 90650

DATED MATERIAL

Non-Profit  
Organization  
U.S. POSTAGE

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Cerritos College

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Support This Summer!***



***We Look  
Forward To  
Seeing You  
This Fall!***



**CerritosCommunityEd.com**