SPRING 2020
College, Continuing Ed, FabLab & Workforce Training
Agriculture, Art, Business, Computers, Film, & Theater,
Fitness, Humanities, Outdoors, Science, and more!
Photo by - Jason Savage
Welcome to the Bitterroot College Spring 2020 Education Catalog! Find a course you like? There are four easy ways to register:

1 Register Online
   www.umt.edu/bitterroot-college

2 Register By Phone
   406.375-0100

3 Register in Person
   103 S 9th St, Hamilton

4 Register by Mail
   Complete registration form below or download from www.umt.edu/bc. Send completed form and check payable to Bitterroot College to 103 S 9th St, Hamilton, MT 59840

REGISTRATION FORM
   Mail form & check to: Bitterroot College, 103 S 9th St, Hamilton, MT 59840

<table>
<thead>
<tr>
<th>DATE</th>
<th>NAME</th>
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<td>PHONE #</td>
<td>EMAIL</td>
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MAILING ADDRESS

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<tr>
<th>COURSE TITLE</th>
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TOTAL DUE

QUESTIONS? Call 406.375-0100
WHAT’S INSIDE...

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6 WORKFORCE TRAINING PROGRAMS

8 CONTINUING EDUCATION

20 BITTERROOT FABLabs

23 OTHER LEARNING OPPORTUNITIES

CLASS LOCATIONS

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<thead>
<tr>
<th>Bitterroot College (BC)</th>
<th>Bitterroot FabLab</th>
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<tbody>
<tr>
<td>103 S 9th St</td>
<td>103 S 9th St</td>
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<tr>
<td>Hamilton</td>
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<table>
<thead>
<tr>
<th>Aspen Leaf Yoga</th>
<th>Hamilton High School</th>
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</thead>
<tbody>
<tr>
<td>100 Skeels St, Suite B</td>
<td>327 Fairgrounds Rd</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Hamilton</td>
</tr>
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</table>

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<thead>
<tr>
<th>Clayworks</th>
<th>Ravalli Entrepreneurship Center (REC)</th>
</tr>
</thead>
<tbody>
<tr>
<td>325 W Main St</td>
<td>274 Old Corvallis Rd</td>
</tr>
<tr>
<td>Hamilton</td>
<td>Hamilton</td>
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<table>
<thead>
<tr>
<th>Fast Coast Productions</th>
<th>Ravalli County Fairgrounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>401 W Main St</td>
<td>100 Old Corvallis Rd</td>
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<tr>
<td>Hamilton</td>
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<thead>
<tr>
<th>Hamilton Middle School</th>
<th>River Street Dance Theatre</th>
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<tbody>
<tr>
<td>209 S 5th St</td>
<td>421 N 2nd St</td>
</tr>
<tr>
<td>Hamilton</td>
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</tbody>
</table>

Are you a Hamilton School District (HSD) resident?

Look for the HSD resident discount in bold maroon text. Also, courses with the HSD resident discount are FREE to HSD residents age 65+ and HSD employees!

Office of Public Instruction CEUs

Continuing Education Units are available for some continuing education classes. Call Bitterroot College for more information. 406.375-0100
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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<tbody>
<tr>
<td>AASC 101</td>
<td>Learning &amp; Study Strategies</td>
</tr>
<tr>
<td>ACT 150</td>
<td>Beginning Yoga</td>
</tr>
<tr>
<td>AHMS 270E</td>
<td>Medical Law &amp; Ethics</td>
</tr>
<tr>
<td>ANTY 101H/X</td>
<td>Intro to Anthropology</td>
</tr>
<tr>
<td>ARTZ 105A</td>
<td>Visual Language - Drawing</td>
</tr>
<tr>
<td>ARTZ 108A</td>
<td>Visual Language - 3-D Foundations</td>
</tr>
<tr>
<td>BGEN 105S</td>
<td>Intro to Business</td>
</tr>
<tr>
<td>BGEN 220E</td>
<td>Business Ethics &amp; Social Responsibility</td>
</tr>
<tr>
<td>BIOB 101N</td>
<td>Discover Biology - Lecture &amp; Lab</td>
</tr>
<tr>
<td>BIOB 160N/161N</td>
<td>Principles of Living Systems - Lecture &amp; Lab</td>
</tr>
<tr>
<td>BIOH 108</td>
<td>Basic Anatomy - Lecture &amp; Lab</td>
</tr>
<tr>
<td>BIOH 201N/202N</td>
<td>Anatomy &amp; Physiology I - Lecture &amp; Lab</td>
</tr>
<tr>
<td>BIOH 211N/212N</td>
<td>Anatomy &amp; Physiology II - Lecture &amp; Lab</td>
</tr>
<tr>
<td>BIOM 250N/251</td>
<td>Microbiology for Health Sciences - Lecture &amp; Lab</td>
</tr>
<tr>
<td>CAPP 120</td>
<td>Intro to Computers</td>
</tr>
<tr>
<td>CHMY 121N/122</td>
<td>Intro to General Chemistry - Lecture, Disc, &amp; Lab</td>
</tr>
<tr>
<td>CJUS 125N</td>
<td>Fundamentals of Forensic Science</td>
</tr>
<tr>
<td>COMX 111A</td>
<td>Intro to Public Speaking</td>
</tr>
<tr>
<td>CRWR 211A</td>
<td>Intro to Poetry</td>
</tr>
<tr>
<td>ECNS 201N</td>
<td>Principles of Microeconomics</td>
</tr>
<tr>
<td>ENSC 105N</td>
<td>Intro to Environmental Science</td>
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<tr>
<td>FILM 103L</td>
<td>Intro to Film</td>
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<tr>
<td>GEO 101N/102N</td>
<td>Intro to Physical Geology Lecture &amp; Lab</td>
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<tr>
<td>GPHY 121S/X</td>
<td>Intro to Human Geography</td>
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<tr>
<td>GPHY 141S/X</td>
<td>Geography of World Regions</td>
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<tr>
<td>HSTA 101H/Y</td>
<td>American History I</td>
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<tr>
<td>HSTA 102H/Y</td>
<td>American History II</td>
</tr>
<tr>
<td>HSTR 101H/Y</td>
<td>Western Civilization I</td>
</tr>
<tr>
<td>HSTR 102H/Y</td>
<td>Western Civilization II</td>
</tr>
<tr>
<td>LIT 110L</td>
<td>Intro to Literature</td>
</tr>
<tr>
<td>LIT 236L</td>
<td>Literary Histories</td>
</tr>
<tr>
<td>M 115</td>
<td>Probability &amp; Linear Math</td>
</tr>
<tr>
<td>M 121</td>
<td>College Algebra</td>
</tr>
<tr>
<td>M 122</td>
<td>College Trigonometry</td>
</tr>
<tr>
<td>M 171</td>
<td>Calculus 1</td>
</tr>
<tr>
<td>MUSI 207H/X</td>
<td>World Music</td>
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<tr>
<td>NASX 105H/X</td>
<td>Intro to Native American Studies</td>
</tr>
<tr>
<td>PHL 101L/Y</td>
<td>Intro to Philosophy</td>
</tr>
<tr>
<td>PHL 112E</td>
<td>Intro to Ethics &amp; the Environment</td>
</tr>
<tr>
<td>PSCI 210S/Y</td>
<td>Intro to American Government</td>
</tr>
<tr>
<td>PSYX 100S</td>
<td>Intro to Psychology</td>
</tr>
<tr>
<td>SOCI 101S</td>
<td>Intro to Sociology</td>
</tr>
<tr>
<td>SOCI 211S</td>
<td>Intro to Criminology</td>
</tr>
<tr>
<td>STAT 216</td>
<td>Intro to Statistics</td>
</tr>
<tr>
<td>WRIT 101</td>
<td>College Writing I</td>
</tr>
<tr>
<td>WRIT 201</td>
<td>College Writing II</td>
</tr>
</tbody>
</table>
Why Choose Us?

Affordable. Save $3380 per year. 
BC annual tuition and fees are $3974  
UM annual tuition and fees are $7354

Convenient. Located in Ravalli County. 
Located on the corner of 9th & Main St, Hamilton 
Visit umt.edu/bc, call 406.375-0100

SUMMER SEMESTER 2020 STARTS MONDAY, MAY 11  
FALL SEMESTER 2020 STARTS MONDAY, AUG 31  
DONT DELAY. APPLY NOW!

WORKFORCE FEE ASSISTANCE

Connect with assistance providers as soon as possible for funding.

HUMAN RESOURCE COUNCIL 303 N 3RD ST, HAMILTON

PATHWAYS PROGRAMS
Lisa Kearns  406.363-6101 ext. 1
Holly Montgomery  406.363-6101 ext. 2
Tomie Martin  406.363-6101 ext. 3

WORKFORCE INNOVATION & OPPORTUNITY ACT (WIOA)
Delynn Gardner  dgardner@mt.gov  406.565-2243
Chelle Twist  chelle.twist@mt.gov  406.560-1689

WIOA YOUTH EMPLOYMENT (AGES 14 - 24)
Shane Kravik  sek@hrcxi.org  406.363-6101 ext. 236

CORVALLIS SCHOOL DISTRICT (CSD RESIDENTS ONLY)
Kristina Berger  adulted@corvallis.k12.mt.us  406.361-0217

RAVALLI COUNTY FEDERAL CREDIT UNION (CDL ONLY)
406.363-4631

RURAL EMPLOYMENT OPPORTUNITIES (REO)
Will Bodle  william@reomontana.org  406.274-4172

VOCTORAL REHAB SERVICES TRAINING FUNDS LOCATED AT BC
Sarah Seltzer  sseltzer@mt.gov  406.329-5411

VETERANS ADMINISTRATION EDUCATIONAL BENEFITS
Valley Veterans Service Center  406.363-9838  217N 3rd, Hamilton
WORKFORCE PROGRAMS

Workforce training programs do not require college admission. Program specific apps & info available online at umt.edu/bc

**BUSINESS & COMPUTER CERTIFICATIONS**

**BOOKKEEPING CERTIFICATION**

<table>
<thead>
<tr>
<th>Jan 27 - May 11</th>
<th>$1,750</th>
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<tbody>
<tr>
<td>Program preps students for the National Bookkeepers Association (NBA) Uniform Bookkeeper exam to obtain NBA Bookkeeper Certification.</td>
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</table>

**COMPTIA A+ COMPUTER CERTIFICATION**

<table>
<thead>
<tr>
<th>Feb 18 - May 19</th>
<th>$3,350</th>
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<tbody>
<tr>
<td>Fundamentals of software &amp; hardware for entry-level IT employment or IT support. Prepares students to take CompTIA's A+ Certification exams.</td>
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</table>

**HEALTH CERTIFICATIONS**

**CERTIFIED PHLEBOTOMY TECHNICIAN**

<table>
<thead>
<tr>
<th>Jan 21 - Apr 9</th>
<th>$2,040</th>
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<tbody>
<tr>
<td>Students train to collect blood specimens for the purpose of lab analysis. Program preps students for Certified Phlebotomy Technician (CPT) exam.</td>
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**PHARMACY TECHNICIAN**

<table>
<thead>
<tr>
<th>Jan 27 - Mar 17</th>
<th>$1,650</th>
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<tbody>
<tr>
<td>Preps students to work as pharmacy technicians in a retail pharmacy setting &amp; to for the Pharmacy Technician Certification Board’s PTCB exam.</td>
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</table>

**CERTIFIED NURSE AIDE**

<table>
<thead>
<tr>
<th>Feb 1 - Feb 29</th>
<th>$1,490</th>
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<tbody>
<tr>
<td>Students train to work as nurse aides in a variety of health care venues: long-term, home-care, hospice care, &amp; acute care settings. Program prepares students for the Montana Certified Nurse Aide (CNA) licensing exam.</td>
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</table>

**DENTAL ASSISTING**

<table>
<thead>
<tr>
<th>Feb 25 - May 28</th>
<th>$2,030</th>
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<tbody>
<tr>
<td>Course familiarizes students with all areas of pre-clinical dental assisting &amp; provides training in the professional skills required to function as an assistant in the dental practice. Includes Radiation Health Safety (RHS) exam prep.</td>
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**EKG TECHNICIAN**

<table>
<thead>
<tr>
<th>Mar 23 - May 13</th>
<th>$1,380</th>
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<tbody>
<tr>
<td>Students train to function as EKG Technicians &amp; to take the ASPT-Electrocardiograph (EKG) Technician exam. Anatomy &amp; physiology of the heart, disease processes, electrocardiography, 12-lead placement, &amp; more covered. Hands on labs w/EKG machine.</td>
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</table>
CERTIFIED CLINICAL MEDICAL ASSISTANT

May 26 - Sep 3  $3,000

Students train to assist physicians with the clinical responsibilities of a medical office. Program prepares students to take the National Health Career Association (NHA) Certified Clinical Medical Assistant (CCMA) exam.

CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT

May 26 - Jun 29  $1,400

Preps students to work as medical office assistants & to take NHA's CMAA exam. Covers ethics, law, & terminology, insurance billing, medical records management & management of practice finances, interpersonal skills.

INDUSTRIAL CERTIFICATIONS

HVAC PROFESSIONAL W/ CREDENTIAL

Jan 27 - Apr 6  $3,300

Students prep for NCCER HVAC Lvl 1 credential. Learn relevant HVAC math, basic practices of electricity, heating, cooling, air distribution systems copper & plastic piping practices, soldering & brazing, & carbon steep piping.

COMMERCIAL DRIVER LICENSE

Feb 3 - Feb 14  $4,750

Students train in the field of heavy-duty & long-haul trucking. Program preps students for a Montana Type 1 Certification Class A License (inter-state).

BOILER OPERATOR - HIGH PRESSURE

Feb 20 - Feb 28  $550 / Mtrls $100

Meets High Pressure/Third Class Boiler Engineer license requirements; licensees are approved to operate steam boilers not in excess of 150 psi & water boilers not in excess of 160 psi & 350° temp & 150 horse power. Materials fee for textbook. Bring a lunch.

BOILER OPERATOR - LOW PRESSURE

May 14 - May 29  $550 / Mtrls $100

Approved by MT DLI for Low Pressure Boiler Engineer license requirements. Licensed Low Pressure Boiler Engineers may operate steam boilers not in excess of 15 psi & water boilers not in excess of 50 psi & 250° temp. Materials fee for textbook. Bring a lunch.

PROFESSIONAL TRAINING

MENTAL HEALTH FIRST AID FOR ADULTS WHO WORK W/ YOUTH

Feb 11  FREE!  8AM - 5PM

409 Buck St  Community Baptist Church, Stevensville

Identify, understand, & respond to signs of mental illnesses & substance use disorders in youth. Gain skills to provide initial support to connect a person in crisis to appropriate care. Includes one hour lunch break - bring your own or enjoy eating out. CEUs available.
AGRICULTURE

GROW YOUR GARDEN

We, Mar 4 - Apr 1
5:30PM - 7:30PM
Rm 111, Bitterroot College
Leon Stangl
$90 / HSD $26
Discussion on soil types, composting, extending the growing season, irrigation, crop rotation, garden planning, & more.
Field Trip: Sa, April 4, 12-3PM

NEW! LANDSCAPING W/ NATIVE PLANTS

We, Mar 18 - Apr 8
5:30PM - 7:00PM
Rm 103, Bitterroot College
Tim Meikle
$40 / Mtrls $5
Create a wildlife haven using Montana’s beautiful native plants! Create by using hands-on principles of native landscaping, site assessments, selecting & sourcing plants, & implementation.

ARTS

NEW!
ALLA PRIMA STILL LIFE IN OILS

Fr, Feb 7     9:00AM - 4:00PM
Sa, Feb 8    11:00AM - 5:00PM
Su, Feb 9   10:00AM - 4:00PM
Rm 105, Bitterroot College
Amanda Wilner
$130 / Mtrls $30
Establish an accurate drawing, see values as shapes & use color to make bold & loose paintings. Includes demos of methods. Using still life & photos for reference.
Bring cardboard box, clip light, drapery, & object that has meaning to you. Other materials provided.

STUDIO ART

We, Mar 11 - Apr 15
2:30PM - 4:30PM
Rm 105, Bitterroot College
Lorna Gabel
$80 / HSD $24 / Mtrls $5
Bring current drawing or painting projects (no oil paints, please) to class for help & troubleshooting. Mini art lessons & projects also offered at each session.

NEW!
HAND-BUILT CERAMICS W/ SLABS - BEGINNING

We, Feb 5 - Feb 26
5:30PM - 8:30PM
Studio, Clay Works
Jean Driescher
$95 / Mtrls $108
Hand-formed clay management, vocabulary, tools & equipment use, & slab-clay building techniques. Use pipe & bowl forms to create beautiful shapes. Overview of glazes & application techniques. Create a luminary & slab pot. Materials fee is for facility use, clay, tools, equipment, & firing.
POTTERY WHEEL - BEGINNING
Th, Mar 5 - Mar 26
5:30PM - 8:30PM
Studio, Clay Works
Vivian Yang
$95 / Mtrls $108
Clay prep, wedging methods, & studio maintenance. Centering clay on wheel & process for making bowls, cylinder shapes, & plates demonstrated. A brief intro on attaching handles, firing & glazing. Materials fee is for facility use, clay, tools, equipment, & firing.

DIGITAL PHOTOGRAPHY - BEGINNING
Tu, Mar 3 - Mar 24
5:30PM - 7:30PM
Rm 111, Bitterroot College
Jason Savage
$55
Camera operation & composition & lighting. New to photography? Want to improve your skills? Move past basics & take better photos.

BANJO - BEGINNING
Tu, Feb 4 - Feb 25
6:00PM - 7:00PM
Rm 130, Hamilton HS
Mark Dickerson
$40
Learn basic chords, picking patterns, & strumming movements. Bring your own instrument.

BANJO - INTERMEDIATE
Tu, Feb 4 - Feb 25
7:00PM - 8:00PM
Rm 130, Hamilton HS
Mark Dickerson
$40
Get better on the banjo! Improve your picking & strumming, improve your technique. Bring your own instrument.

GUITAR - BEGINNING
We, Feb 5 - Feb 26
6:00PM - 7:00PM
Rm 130, Hamilton HS
Mark Dickerson
$40
Learn essential chords, correct finger placement & picking technique, & the basics of rhythm. Bring your own instrument.

GUITAR - INTERMEDIATE
We, Feb 5 - Feb 26
7:00PM - 8:00PM
Rm 130, Hamilton HS
Mark Dickerson
$40
Get better on the guitar! Learn theory, more chords, improve your picking, expand on your technique. Bring your own instrument.

SCANDINAVIAN KNIFE-MAKING
Th, Jan 30 - Feb 27
5:30PM - 7:30PM
Wood Shop, Hamilton HS
Dan Kimzey
$70 / HSD $20 / Mtrls $40
Instruction in knife-building & handle-stacking jig making; knife blank, handle materials, & all other supplies & tools provided.

WELDING BASICS
Th, Feb 20 - Mar 12
5:30PM - 8:30PM
Weld Shop, Hamilton HS
Scott Ellis
$95 / HSD $24 / Mtrls $30
Covers: SMAW a.k.a. Stick - proper rod & polarity selection for material, application, & out-of-position welds; GMAW a.k.a. MIG - proper wire & gas selection; FCAW a.k.a. Flux - proper wire selection; compare & contrast of different weld processes.

Materials fee is for shop use; all students pay regardless of registration type.

**WOODWORKING**

Tu, Jan 28 - Feb 25
5:30PM - 8:30PM
Wood Shop, Hamilton HS
Russ Fisk

$120 / HSD $30 / Mtrls $25

Learn woodworking safety, make or finish a project or a long overdue repair. Individual instruction available for beginners.

Materials fee is for shop use; all students pay regardless of registration type.

**BUSINESS & FINANCE**

**BUILDING BITTERROOT BUSINESSES SERIES**

**INTRO TO SMALL BUSINESS PLANNING**

Tu, Feb 4
10:00AM - 1:00PM
Conference Room, REC
John Schneeberger
FREE!

Learn critical planning for success without fixating on the creation of a formal document. Discusses helpful market-size info from government websites. Lunch provided.

RCEDA partner course

**BUSINESS LAW BASICS**

Tu, Feb 11
8:30AM - 11:30AM
Conference Room, REC
Richard Weber
$25

Covers legal business structures that small businesses assume, reasons for each type, and their pros & cons. Also, negotiations, contracts, intellectual property, & legal liabilities are explored.

RCEDA partner course

**MODERN DAY MARKETING**

Tu, Feb 18
9:00AM - 12:00PM
Conference Room, REC
Kassi Strong
$25

Basics of creating simple & immediate actionable marketing & branding strategies by leveraging your talents & current resources.

RCEDA partner course

**FINANCIAL MANAGEMENT BASICS**

Tu, Feb 25
9:00AM - 12:00PM
Conference Room, REC
Andrea Simmerman
$25

Covers creating & using profit & loss, cash flow, balance sheet statements, financial projections & management practices.

RCEDA partner course

**HIRING & EMPLOYEES**

Tu, Mar 3
9:00AM - 12:00PM
Conference Room, REC
Patty Kernahan, Gary Palmer
$25
Covers: hiring practices, interviewing, job descriptions, employment laws in MT, progressive discipline, wrongful termination, the employee handbook, independent contracts, & Workers Comp regulations.

**NEW! FIRE CONTRACTING W/ THE FOREST SERVICE**

Th, Feb 20  
1:00PM - 3:00PM  
Conference Room, REC  
Jeff Gardner  
FREE!  
Info & updates for next season. Contractors are encouraged to attend. System for Award Management (SAM) & Virtual Incident Procurement (VIPR) systems discussed.

**GOOGLE MY BUSINESS**

Th, Feb 6  
10:30AM - 12:00PM  
Conference Room, REC  
Cody Edwards  
$15  
Covers the importance of business photos, 360° imagery, responding to reviews, viewing insights, the free app, & more.

**UNDERSTANDING COTTAGE FOOD LAW**

Th, Feb 13  
10:30AM - 12:00PM  
Conference Room, REC  
Karen Mahar  
$15  
Covers the law that oversees the production & sale of “non-potentially hazardous foods” & the process necessary to make & sell products.

**QUICKBOOKS BASICS - DESKTOP VERSION**

TuTh, Feb 4 - Feb 20  
6:00PM - 8:00PM  
Rm 103, Bitterroot College  
Gary Erickson  
$140  
Covers accounting terms, sales process, tracking revenue, managing expenses, bank reconciliation, & setting up & maintaining a company file. Instruction in QB 2018.

**REGISTERING IN SAM: GET IT RIGHT FROM THE START**

Th, Feb 27  
10:00AM - 12:00PM  
Conference Room, REC  
John Schneeberger  
FREE!  
Basic elements of registration & federal regulations governing SAM. GOV vendor profiles.

**QUICKBOOKS PAYROLL**

TuTh, Feb 25 - Feb 27  
6:00PM - 8:00PM  
Rm 103, Bitterroot College  
Gary Erickson  
$50  
Set up a payroll system, create paychecks, pay tax liabilities, & generate payroll forms & reports. Track employee time, create job cost data, & troubleshoot common problems. Instruction in QB 2018.

**RCEDA partner course**

Basic computer skills required.
QUICKBOOKS INVENTORY

Tu, Mar 3
6:00PM - 8:00PM
Rm 103, Bitterroot College
Gary Erickson
$25
Track the current number of stock & the value of your inventory after every purchase & sale in QB. Instruction in QB 2018
RCEDA partner course
QB familiarity required.

QUICKBOOKS REPORTS & GRAPHS

Th, Mar 5
6:00PM - 8:00PM
Rm 103, Bitterroot College
Gary Erickson
$25
RCEDA partner course
QB familiarity required.

QUICKBOOKS & BUDGETING

Tu, Mar 10
6:00PM - 8:00PM
Rm 103, Bitterroot College
Gary Erickson
$25
Create a budget that provides you with a financial plan that helps put you in control.
RCEDA partner course
QB familiarity required.

NEW! RETIREMENT PLANNING WORKSHOP

Tu,Th, Apr 9 - Apr 14
6:00PM - 9:00PM
Rm 103, Bitterroot College
Gary Erickson
$40
Learn the skills you need to successfully transition into retirement. Topics include retirement income, budgeting for expenses, your retirement income requirement, comparing income to expenses & what to do if you don’t have enough.

COMPUTERS

COMPUTER CONFIDENCE

MoWe, Feb 3 - Feb 24
12:30PM - 2:00PM
Rm 103, Bitterroot College
Jon Swallow
$65
Learn basic computer concepts, develop mouse & keyboard skills, explore & practice using Internet & email in the Windows 10 environment.
RCEDA partner course
No class Feb 17

EXCEL BASICS FOR BUSINESS

TuTh, Mar 12 - Apr 7
6:00PM - 8:00PM
Rm 103, Bitterroot College
Gary Erickson
$190
Learn to navigate within Excel, enter information, & organize & manipulate data. Charts, graphs, formulas, fonts, borders, & other basic Excel functions covered.
RCEDA partner course
Basic computer skills required.

FILM & THEATER

NEW! PERFORMING FOR THE CAMERA

Mo, Feb 3 - Mar 16
4:00PM - 6:00PM
Rm 105, Bitterroot College
Joshua Gennari
$80
Explore the skill of acting for film. Learn camera angles & voice performance. Prepare a theatrical piece for filming. 
No class February 17

**NEW! CINEMA ACTION SEQUENCE CLASS**

Tu, Jan 28 - Mar 31  
6:15PM - 7:15PM  
Rm 105, Bitterroot College  
*Harry Lee*  
*$55*

Learn how to effectively take a stunt fall, build & film a fight scene, work with actors & producers, & work with weapons. Safety protocols taught & strictly upheld.

**NEW! CINEMA MEDIA 101**

We, Feb 5 - Feb 26  
5:00PM - 8:00PM

We, Mar 4 - Mar 25  
5:00PM - 8:00PM

We, Apr 8 - Apr 29  
5:00PM - 8:00PM

Studio, Fast Coast Studios  
*Christian Ackerman*  
*$80 / Mtrls $20*

A hands on class that teaches the process from film concept to distribution. A practical overview to make a full-length, feature film.  
*Materials fee for facility rental & equipment use.*

**NEW! PRODUCTION 101 FOR NON-FILMMAKERS**

Sa, Mar 7  
10:00AM - 4:00PM  
Rm 105, Bitterroot College  
*Lynn-Wood Fields*  
*$40*

Learn how to become a paid extra on set, monetize your property, & the basics of film production. Perfect for community members who want to know more about how a film production works & how to be a part of it. Film shoot included.  
*12 to 15 year-olds may enroll along with an enrolled adult.*

**NEW! LIGHTS, CAMERA, ACTION: SCREENWRITING 101**

Sa, Feb 1 - Mar 7  
3:00PM - 5:00PM  
Rm 119, Bitterroot College  
*Nancy Bevins*  
*$80*

An introductory writing course where you complete a short script. Using film clips, award winning screenplays, & lecture, learn the dynamics of creating an engaging story. Weekly writing assignments put you on course to finish a short screenplay.

**HEALTH & FITNESS**

**NEW! OULA**

We, Feb 5 - Mar 18  
4:00PM - 5:00PM  
Commons Area, Hamilton HS  
*Val Widmer*  
*$40 / HSD $12*

OULA combines mind-body practice with the playfulness of a living room Top 40 dance party. No experience necessary!

**NEW! STRONG BY ZUMBA®**

Sa, Feb 1 - Mar 31  
10:00AM - 11:00AM  
Rm 105, Bitterroot College  
*Janay James*  
*$40*

Strong by Zumba® is a high intensity interval training synced to music. This workout is 60 minutes of fun. Open to all fitness levels & ages 18 & older. Bring a yoga mat.  
*No class Feb 8 or March 7.*
NEW! WOMEN’S CIRCUIT TRAINING
We, Jan 29 - Mar 18
9:00AM - 10:00AM
Rm 105, Bitterroot College
MacKenzie Brosius
$55
This interval-training class is designed to build endurance, gain strength & improve cardiovascular fitness through a full-body workout.

CO-ED ADULT BASKETBALL
We, Jan 8 - Mar 11
8:30PM - 10:30PM
Gym, Hamilton HS
Neil Miller
HSD $40
Recreational/non-competitive; open to all skill levels. Schedule may vary due to high school tournaments.

CO-ED ADULT BASKETBALL - ADVANCED SKILL LEVEL
TuFr, Jan 3 - Mar 13
5:30AM - 6:45AM
TuFr, Mar 17 - Jun 5
5:30AM - 6:45AM
Gym, Daly ES
Nate Lant
HSD $50
Recreational/non-competitive; advanced skill level. No class March 31 & April 3

CO-ED ADULT INDOOR SOCCER
Su, Jan 5 - Mar 8
6:00PM - 8:00PM
We, Jan 8 - Mar 11
8:30PM - 10:30PM
Gym, Hamilton MS
Chad Farrenburg
HSD $40
Recreational/non-competitive; open to all skill levels. Schedule may vary due to high school tournaments.

CO-ED ADULT VOLLEYBALL
We, Jan 8 - Mar 11
6:30PM - 8:30PM
Gym, Hamilton HS
Jack Barnings
HSD $40
Recreational; open to intermediate & advanced skill levels. Schedule may vary due to high school tournaments.

NEW! JUDO/JUJITSU 101
Mo, Jan 27 - Mar 23
10:00AM - 11:00AM
Rm 105, Bitterroot College
Harry Lee
$55
Learn several different forms of Judo & Jujitsu, along with Japanese culture, history of the art, & ways that it can be implemented for combat or sport. Students will be instructed according to their personalities & desired outcome. No class Feb 17.

PICKLEBALL - BEGINNER
Tu, Jan 28 - Mar 31
12:00PM - 2:00PM
We, Jan 29 - Apr 1
3:00PM - 5:00PM
First Interstate Building, RC Fairgrounds
Ray McNeal
$50 / Mtrls $20
Intro to pickleball. Even if you’ve never participated in any sports, anyone can learn to play Pickleball. Materials fee includes facility use & equipment. Bring a notebook.
PICKLEBALL - INTERMEDIATE

Tu, Jan 28 - Mar 31
3:00PM - 5:00PM
First Interstate Building, RC Frgrnds
Ray McNeal
$50 / Mtrls $20

Learn the finer skills of pickleball, including serve placement, dinking with a purpose, 3rd shot drop, & more. Prerequisite: A beginner’s class & played for previous 6 months.

Materials fee includes facility use & equipment. Bring your paddle & a notebook to class.

NEW! FOAM ROLLING & STRETCHING FOR TIGHT MUSCLES

We, Jan 29 - Mar 18
10:15AM - 11:15AM
Gym, Bitterroot College
MacKenzie Brosius
$55

Gain flexibility & balance muscles through a variety of techniques including foam rolling, self massage, fascial release & range of motion work. All levels & injuries welcome.

Bring a yoga mat & foam roller.

MINDFULNESS - DEEPEN YOUR PRACTICE

Th, Feb 6 - Feb 27
6:30PM - 8:30PM
Rm 131, Hamilton HS
Becky Bishop
$55

Learn how to deepen your practice & reap the benefits of a regular mindfulness practice. Increase focus, calmness, pain reduction & lessen anxiety.

NEW! T’AI CHI CH’UAN - BEGINNING

Mo, Jan 27 - Apr 6
1:00PM - 2:30PM
We, Jan 29 - Apr 1
5:00PM - 6:30PM
Rm 105, Bitterroot College
Michael English
$100

Intro to traditional Yang style long form; addresses the first of three parts of long form & various qigong exercises. Improve balance, flexibility, reduce stress, strengthen immune system.

No class Feb 17

NEW! TAI CHI FOR STRESS RELIEF

Sa, Feb 1 - Mar 7
9:30AM - 10:30AM
Studio, River Street Dance
Jude Trapani
$40

Explore basic Tai Chi & Qigong exercises to reduce stress & feel grounded & at ease. Basics of breath, balance, & feeling energy. Not oriented toward martial arts or complicated forms, but is simple to follow along & practice at home. All levels welcome.

Wear loose, comfortable clothing.

NEW! BABY & ME YOGA

We, Jan 29 - Mar 18
1:30PM - 2:30PM
Studio, Aspen Leaf Yoga
Val Aerni
$55

Caregivers will participate in a yoga practice, with a focus on strength & mobility, so you can keep up with your growing baby. Connect through shared movement & play. All caregivers welcome. Perfect for babies who are not yet mobile & for
mamas who have received approval from a medical provider to practice yoga.

**NEW! FRESH START YOGA**

Su, Feb 2 - Feb 23
4:30PM - 5:45PM
Studio, Aspen Leaf Yoga
Val Aerni
$35

Empowering class to kick start your goals for 2020 into action. Classes include: a yoga practice suitable for all levels of ability, journaling, & opportunities for sharing & support. All props provided, bring a journal & your favorite pen.

**PRENATAL YOGA**

Mo, Jan 27 - Mar 16
12:30PM - 1:30PM
Studio, Aspen Leaf Yoga
Val Aerni
$35

Learn safe postures, breathing, & mindfulness techniques. Increase strength, stamina, balance, & focus. Relieve physical discomfort, calm the nervous system, & increase circulation. No experience necessary.

**HUMANITIES**

**EXPLORING CHINA**

Tu, Jan 28 - Mar 3
8:30AM - 10:30AM
Rm 104, Bitterroot College
Scott Gerner
$80 / HSD $24

A cursory look into the history, philosophy, & culture of China including influential dynasties, writings, & leaders. Geography & art used for a greater understanding of sustaining influences.

**JAPANESE CULTURE & CIVILIZATION**

Tu, Mar 10 - Apr 14
8:30AM - 10:30AM
Rm 104, Bitterroot College
Scott Gerner
$80

History, philosophy, & culture of Japan. Includes influential periods, writings, leaders, & samurai. Geography, art, & fundamentals about the language from a historic & cultural perspective.

**NEW! FRENCH TRAVEL, LANGUAGE & CULTURE**

Th, Mar 12 - Apr 30
5:30PM - 7:30PM
Rm 111, Bitterroot College
Laurence Markarian
$90

Immerse yourself in the French Culture with miss Coco, a native from France. You will explore different parts of France through beautiful pictures & videos, learn some basic words & expressions, & dig into the colorful French culture.

**SPANISH - BEGINNING**

Tu, Jan 28 - Mar 3
8:30AM - 10:00AM
Rm 118, Bitterroot College
Catalina Gerner
$60

Spanish basics including present tense & the skills to speak, read, & write in introductory conversational & travel settings.

**SPANISH - CONVERSATIONAL**

Tu, Mar 10 - Apr 14
8:30AM - 10:00AM
Rm 118, Bitterroot College
Catalina Gerner
$60
Brush up on your Spanish for travel or personal enrichment with native speaker Catalina Gerner. Prior Spanish language instruction required.

**NEW! PEARL HARBOR 3-D: ATTACK, INTELLIGENCE, PARTICIPANTS**

Mo, Feb 24 - Apr 13  
10:30AM - 12:00PM  
Rm 118, Bitterroot College  
*James Olsen*  
$80

Includes an accurate, timeline of the attack, first person accounts from both sides, causes & propaganda, & intelligence & communications operations. Interlaced with comments on the surprising relationship to current events.

**THE CONSTITUTIONAL RIGHT OF PRIVACY**

We, Jan 29 - Mar 11  
6:00PM - 8:00PM  
Rm 119, Bitterroot College  
*Mike Cressler*  
$80

The history of substantive due process in American constitutional law from Dred Scott to the current right of privacy in abortion & same-sex marriage.

**NEW! PHILOSOPHY & PSYCHOLOGY**

We, Jan 29 - Feb 26  
7:00PM - 8:30PM  
Rm 111, Bitterroot College  
*Robert Walsh*  
$50

Intro to the connection between Philosophy (love of wisdom & ideas) & Psychology (the study of human nature & consciousness). How what you think creates who you are. See RDwalsh.net for more info.

**NEW! THE I CHING: HOW TO USE IT & WHAT IT IS ABOUT**

Th, Jan 30 - Mar 19  
10:30AM - 12:00PM  
Rm 119, Bitterroot College  
*James Olsen*  
$80

The I Ching began 3000 years ago in China as a divination handbook & is now used as a book of psychological insight. Sessions will include a multimedia presentation followed by using the I Ching. For beginners & long-time users.

**NEW! THE WIT & WISDOM OF PROVERBS**

Tu, Jan 28 - Mar 3  
6:00PM - 7:30PM  
Rm 118, Bitterroot College  
*Dan Blied*  
$60

Explore & appreciate the literary aspects of the biblical book of Proverbs. Illustrated lecture, class discussion, & enjoyable in-class projects.

**OUTDOORS & RECREATION**

**FRIENDLY INTRO TO FLYFISHING**

TuTh, Mar 10 - Mar 19  
6:30PM - 8:30PM  
Rm 118, Bitterroot College  
*Chuck Stranahan*  
$55

For beginners or reboots. Hands-on instruction; take-home materials; PowerPoints on gear, safety, flies, finding trout; skills incl. knot tying, tackle basics, casting. Have fun, fish independently. All materials included.
FLY CASTING CLINIC

Sa, Mar 21
1:00PM - 4:00PM
Sa, Mar 28
1:00PM - 4:00PM
Rm 105, Bitterroot College
Chuck Stranahan
$25

Raw beginners or old hands can groove in their basic casting stroke, & add fish-catching special casts & easy distance with an International Fly Fishing Federation Certified Instructor. Loaner tackle available.

NEW! CATCH MORE TROUT ON FLIES

TuTh, Mar 24 - Apr 2
6:30PM - 8:30PM
Rm 118, Bitterroot College
Chuck Stranahan
$55

Four information-packed Power-Point & discussion sessions: Dry Flies - Beyond the Basics; Nymphing (incl. Euro;) Streamers; Two Fly Systems; best leaders, strategies, when & how. Take-home materials included.

INTRO TO DOG-POWERED SPORTS

MoWe, Apr 6 - Apr 8
6:00PM - 7:00PM
Rm 111, Bitterroot College
Nicki Arndt, Teresa Petterson
$15

Learn the basics of canicross, bikejoring, scootering, mushing, & skijoring. First day without dog, second day with dog. Gear available to use.

Bringing soft treats, 6 ft leash, buckle collar, & water for dog at 2nd class meeting.

SCIENCE

EXPLORATIONS IN ASTRONOMY

We, Mar 4 - Mar 25
4:00PM - 5:00PM
Rm 111, Bitterroot College
Thomas Engelmann
$35 / Mtrls $5

Structured as a series of “explorations,”. Covers topics from the history & fundamentals of astronomy to current research & ideas in astrophysics & cosmology. Planetary astronomy, stellar evolution, pulsars, quasars, & black holes discussed.

NEW! GEOLOGY OF THE BITTERROOT

We, Jan 29 - Mar 18
10:00AM - 12:00PM
Rm 104, Bitterroot College
John Boyd
$75

A geologic overview of the Bitterroot & surrounding area, utilizing an interactive series of lectures & activities to give students a broad background of the geologic processes & rocks that shaped the land around them.

SPECIAL

NEW! ACE YOUR NEXT JOB INTERVIEW

Sa, Mar 14 - Mar 21
9:30AM - 11:30AM
Rm 117, Bitterroot College
Laurence Markarian
$25

The first 7 seconds of a job interview are critical. If the employer’s first impression is negative, your next steps are all uphill! Know the rules, know the protocol, know what to expect, & how to respond.
NEW! BITTERROOT CASA INFORMATIONAL CLASS

Tu, Feb 4
6:00AM - 8:00PM
Rm 117, Bitterroot College
Allison Dunne
FREE!

Learn about becoming a CASA volunteer. CASA offers hope & security to children that have been removed from their homes due to abuse & neglect. Volunteers help children discover who they are, how to engage with the world & help shape their futures.

NEW! EFFECTIVE GRASSROOTS ACTIVISM

Tu, Jan 28 - Mar 17
10:30AM - 12:00PM
Rm 119, Bitterroot College
James Olsen
$80 / Mtrls $25

The Power & Grace of non-violent activism – organizing, government interaction, press, messaging, events, & campaign strategy. Each session – multimedia lecture followed by case studies based on real events from the Bitterroot. Strictly non-partisan.

Materials fee for notebook & case study materials.

HOW TO SPEAK DOG & RAISE THE PERFECT COMPANION

Mo, Feb 24 - Mar 30
6:00PM - 7:00PM
Rm 111, Bitterroot College
Nicki Arndt
$40

Learn modern & humane dog training techniques, including how to read dog body language & a step-by-step guide to understanding canine behavior & puppy developmental stages. Applicable for understanding young & mature dogs alike.
3D PRINTING - PRACTICAL PROJECTS

Sa, Feb 1
2:00PM - 6:00PM
Sa, Feb 22
2:00PM - 6:00PM
Th, Mar 5 - Mar 12
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45 / Mtrls $5

Print your own object! Whether you are new to the topic or have worked a bit with your own printers, this class will be a great place to build your knowledge of what's out there in the world of 3D printing.

PRACTICAL LASER CUTTING & ENGRAVING

Th, Jan 30 - Feb 6
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45 / Mtrls $5

Learn to use the FabLab’s laser cutter/engraver to precisely cut & engrave various woods & plastics. Explore ceramic, glass, & metal etching. Students will go home with at least one laser etched/cut design of their own.

MOLD MAKING WITH VACUUM FORMING & POURABLE MATERIALS

We, Jan 29 - Feb 5
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45 / Mtrls $5

An introduction to using the FabLab’s vacuum former (Formech DT450) & Smooth-On brand materials to create anything from props to food-grade molds. Everyone completes a project!

DRONES: INTRO TO AMAZING SKY ROBOTS!

Sa, Feb 8
2:00PM - 6:00PM
Th, Feb 20 - Feb 27
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45

A variety of drones flown & tested by students: DJI Inspire 1, DJI Mavic Pro, DJI Phantom 3, A.R. Drones, FPV racing drones, micro FPV racing drones, scratch-built winged drones, & a variety of hobby mini drones. Laws, cameras, & more covered!
FUNDAMENTALS OF ROBOTICS

We, Feb 19 - Feb 26
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45 / Mtrls $5

Course covers basic electronics & Arduino programming providing makers an opportunity to build robots that can be controlled in a variety of ways. Use cell phones, computers, gestures, & voice to manipulate your creations.

3D PRINTER & LASER CUTTER INSTRUMENT MAKING

We, Mar 4 - Mar 18
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$70 / Mtrls $10

Walk in empty handed & leave with a custom built digeridoo, ukulele, cello, or guitar. Whether you are a 3D design expert or totally new to the concept you will be able to make a high quality sounding instrument in just three classes.

PYTHON W/ THE RASPBERRY PI

Tu, Mar 24 - Mar 31
4:00PM - 6:00PM
Rm 116, Bitterroot College
Thomas Engelmann
$45 / Mtrls $5

Learn the basics of computer architecture & programming with Python as the backdrop. In-class & lab exercises allow coding practice. Construct a simple electronic circuit controlled by a Raspberry PI microcomputer programmed by your Python code.

FUSION 360 - INTRODUCTION

We, Apr 1 - Apr 8
4:00PM - 5:30PM
Rm 116, Bitterroot College
John Springer
$35

Learn the basics of Fusion 360—an application software which connects product development into a single cloud-based tool, integrating 3D CAD, CAM, & CAE into one program. Use Fusion 360 to design, engineer, & fabricate on a 3D printer or CNC machine.

INTRO TO VIRTUAL REALITY

Th, Apr 2 - Apr 9
6:00PM - 8:00PM
Rm 116, Bitterroot College
John Springer
$45

Work with the latest HTC Vive Pro & Oculus Rift Technology to explore what virtual reality has to offer in the worlds of entertainment, education, & 3D design. Interesting to the newbie & seasoned guru.

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*left to right: Luke Channer, MD, Joshua Waggener, MD, Timothy Woods, MD, Richard Day, MD, Kellan Clark, DO, Mary Camden, MD, Mark Calderwood, MD, Ann Kimmel, MD, Michael Dolecki, MD, Megan Metcalf, MD*
MORE LEARNING OPPORTUNITIES

Programs and organizations that offer classes throughout the year.

**LITERACY BITTERROOT**
literacybitterroot.org
406.363-2900
303 N 3rd St, Ste A, Hamilton

**FREE** services including Adult Basic Education, HiSET preparation, EdReady Math, & Family Literacy.

HiSET Classes at BC
MoWe, Jan 6 - Jun 3  6 - 8PM

EdReady Math Classes
MoTuWeTh  11 - 12:20PM

**BITTERROOT PUBLIC LIBRARY**
bitterrootpubliclibrary.org
406.363-1670
306 State St, Hamilton

**DARBY COMMUNITY PUBLIC LIBRARY**
darbylibrary.net
406.821-4771
101.5 South Marshall St, Darby

**NORTH VALLEY PUBLIC LIBRARY STEVENSVILLE**
northvalleylibrary.org
406.777-5061
208 Main St, Stevensville

**RAVALLI COUNTY MUSEUM**
ravallimuseum.org
406.363-3338
205 Bedford St, Hamilton

**TRAPPER CREEK JOB CORPS**
trappercreek.jobcorps.gov
406.821-3286
5139 West Fork Rd, Darby

**MARCUS DALY MEMORIAL HOSPITAL**
Health education classes available. Visit MDMH Events online for details & registration.

**Wilderness First Aid**
Tu, Jan 14  8AM

**How to Eliminate Neck Pain**
Th, Jan 16  5:30PM

**Bust the Heart Health Myths**
Th, Feb 20  5:30PM

**Protecting the Skin You Are In**
Th, Mar 19  5:30PM

**Reducing the Risk of a Hernia**
Th, Apr 16  5:30PM

**RAVALLI COUNTY WINTER WELLNESS**
We, Nov 20 - Th, Feb 20

Offering **FREE** educational programs throughout WINter Wellness. Follow on Facebook and sign up for newsletters to learn more.

Katelyn Andersen
406-375-6611
katelyna@montana.edu

**VETERANS UPWARD BOUND**
Veterans Upward Bound (VUB) offers **FREE** refresher courses in math & writing and a basic computer course to eligible veterans. Starting Feb. For VUB course details visit umt.edu/bc. For eligibility contact:

Lori Borth
1-800-356-VETS (8387)
www.vubmt.com
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