

# 2023 SPRING CLASS SCHEDULE

## Outreach & Workforce Development



LARAMIE COUNTY  
COMMUNITY COLLEGE  
Cheyenne | Laramie | Online

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*Outreach & Workforce, “Your Training and Education Partner” [lccc.wy.edu/workforce](http://lccc.wy.edu/workforce)*

Check out our online LED courses. Many qualify for 1.5 hours of credit through PTSB.



# General Course Information

## Lifelong Learning

Since its inception, Laramie County Community College has provided educational services to varied populations within its service area. Noncredit continuing education courses are offered every semester through Outreach and Workforce Development, which include areas such as life enrichment, leadership and professional development training, career, and technical courses. These courses and programs are designed to stimulate students and improve their quality of life. Some offerings will encourage professional and academic progress and help develop creativity, and others will broaden a person’s scope and interests.

**For a full list of classes go to [lccc.wy.edu/Community](http://lccc.wy.edu/Community).**

For information call:

- Life Enrichment .....307.778.1236
- Workforce Training/OSHA.....307.778.4381
- Eastern Laramie County Outreach Center.....307.432.1678
- Adult Education .....307.637.2450

## Accommodations

If you are in need of accommodations for the course you are registered for please contact us at least 30 days prior to the start of class. For a Life Enrichment class call 307.778.1134, for Workforce and Professional Development 307.778.4381.

## Nondiscrimination Statement

Laramie County Community College is committed to providing a safe and nondiscriminatory educational and employment environment. The college does not discriminate on the basis of race, color, national origin, sex, disability, religion, age, veteran status, political affiliation, sexual orientation or other status protected by law. Sexual harassment, including sexual violence, is a form of sex discrimination prohibited by Title IX of the Education Amendments of 1972. The college does not discriminate on the basis of sex in its educational, extracurricular, athletic or other programs or in the context of employment.

The College has a designated person to monitor compliance and to answer any questions regarding the college’s non-discrimination policies. Please contact: Title IX and ADA Coordinator, Suite 205, Clay Pathfinder Building, 1400 E. College Drive, Cheyenne, WY 82007, 307.778.1302, TitleIX\_ADA@lccc.wy.edu.

## Errors and Cancellations

This schedule of classes is not a contract, and the college does not assume liability for errors in scheduling. Please inform the college of any errors by calling any of the contact phone numbers listed.

The college reserves the right to cancel any class. The decision to cancel is usually made two business days before the first class meeting, and every effort is made to notify registered students promptly. A full refund is processed automatically unless the student decides to transfer to another class or section of a canceled class. Registering at least two weeks before a class begins helps avoid unnecessary cancellations. In order to ensure class enrollment, students should register with payment no later than two days prior to the start of a class. (Life Enrichment and Business Training will take enrollments up to the starting date of the course.)

**Students who wish to drop a class must do so no later than two business days prior to the start of the class.**

## Refunds

Class cancelled by LCCC ..... 100%  
Withdrawal 2 business days before class begins will be refunded minus a 6% processing fee.  
(These policies do not apply to the online ed2go classes.)  
Withdrawal after refund deadline ..... No refund; payment required

If campus closes due to COVID-19, in-person classes that cannot be held virtually will receive a prorated refund. This will not apply to any classes that can be held in a virtual format or online.

Up to date information on Campus COVID requirements can be found at [lccc.wy.edu/virus-information.aspx](http://lccc.wy.edu/virus-information.aspx)

## Guidelines

- There are a minimum number of people who must be enrolled before a class can be held (this number varies depending on the course).
- The Life Enrichment office will notify (to the best of their ability) all students via email for course changes or cancellations.
- Anyone with an idea for a course is welcome to call Life Enrichment at 307.778.1236 or the Workforce and Development office at 307.778.4381
- Students are required to pre-register for their Life Enrichment class. Instructors are unable to accept registrations the day of class.
- Students must attend the section in which they are registered. Students may not attend an alternative section.
- Payment is required at time of registration.
- Please be aware that LCCC does not filter web content and, though they are under supervision, minors will have access to an open internet.
- Student’s must be at least 15 years of age or older, unless otherwise stated in class description, to register for a Life Enrichment class.

## Policy on Children and Guests in Class

Only enrolled students may attend a Life Enrichment or Workforce Training class. Children in attendance must meet the age requirements for enrollment in a class, as well as, be a registered student in the class they are attending.

## Emergency Closure

In the event of inclement weather or any other emergency closure, students are instructed to listen to Cheyenne radio and TV stations for information regarding the cancellation of classes. Tune to the local media outlets as early as 6 a.m. for information or visit [lccc.wy.edu](http://lccc.wy.edu).

## Disclaimer

This schedule of classes, including tuition and fees, is not a contract, and the college does not assume liability for errors in scheduling or financial charges. Please call any discrepancies to the college’s attention. Instructors for courses may change from those listed.



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### LOCATION ABBREVIATIONS

LCCC – 1400 E. College Drive, Cheyenne
BT..... Business Technology
CCI... Center for Conferences & Institutes
CT..... Career & Technical Building
FA..... Fine Arts
HS..... Health Sciences Building
LCSD..... Laramie County Sheriff's Department, 1910 Pioneer Ave.
PF..... Pathfinder Building
TC..... The Training Center

Register online at [lccc.wy.edu/Enrichment](http://lccc.wy.edu/Enrichment)

**We appreciate your feedback.**  
**Please take a moment to complete an online survey about your class.**  
[lccc.wy.edu/lesurvey](http://lccc.wy.edu/lesurvey)



Laramie County Community College  
 Kids' College


# SEEK

*Summer Educational  
 Experiences for Kids*

**SEEK** is a unique summer experience designed to challenge our young people. Its goal is to stimulate creativity through hands-on programs in arts, sciences and physical activities for students ages 6-12. Classes are designed for specific age groups. SEEK is open to all children who wish to discover and develop their talents.

**SAVE THE DATE**

June 19-23  
 2023





# A to Z

## and Everything in Between

### Celebrate Jazz

This class is focused on exploring the rich history of jazz music. Students will learn about important musicians and recordings that influenced the development of jazz from the beginning of the 20th century until present day. The goal of this class is to broaden students’ perception of jazz through exploring its diverse styles and performance practices.

<b>LIFE 2087.600</b>	Th	06:30PM-08:00PM	CCI 123
Sessions: 5	\$51	04/13/23-05/11/23	Logan Vanderlaan

### Congratulations, You Retired! Now What!

This class will address the social and emotional aspects of retirement that are rarely talked about. Upon retirement, the newly retired person may struggle with redefining their identity, grief over the loss of a daily schedule and purpose, reestablishing and redefining relationships and implementing old hobbies while discovering new past times. In this class, the topics of physical, spiritual and mental health will be addressed. William Bridges work in his book, “Transitions” will be referred to throughout the class. The financial aspects of retiring are not addressed in this class. Please come join us as we explore this new and exciting time in life together! PLEASE FEEL FREE TO JOIN US EVEN IF RETIREMENT DOES NOT APPLY TO YOU. THE TOPIC OF TRANSITION AND LIFE CHANGES CAN BE GENERALIZED TO ANY LIFE CHANGE.

<b>LIFE 1984.600</b>	W	05:30PM-07:30PM	CCI 121
Sessions: 5	\$92	02/01/23-03/08/23	Betsy Collar

### Cultural Differences Part 2

Continuing on from Understanding Cultural Differences, let’s talk about the subject of unifying even though we have cultural differences. How can this subject be brought and applied within our community. Peace within our communities is essential and can be achieved by bringing cultural unity within the workplace and community gatherings. All welcome Part 1 of series is not required.

<b>LIFE 2085.600</b>	T	06:30PM-08:30PM	CCI 123
Session: 1	FREE	04/25/23	Rev. Dr. Hilton McClendon

### Driver’s Education

The driver’s education course is a program consisting of 30 classroom hours, six hours of in-car instruction (outside of classroom hours) and six hours of observation as set forth by the Wyoming State Department of Education. The course meets the basic requirements of the Wyoming Department of Transportation. REQUIREMENTS: (1) one parent must attend the first ½ hour to hour of the first class (for those students under 18); (2) student must have their driving permit prior to registration; (3) student must provide their own licensed and insured vehicle for the one-on-one driving portion of the class, and; (4) attendance is required at each class for the certificate to be issued. It is highly encouraged for students to have at least 10 hours of driving experience before class starts. There is optional simulator time available for interested registered driver’s education students. Contact the Life Enrichment office for more details and to sign up for available slots. Students who do not successfully complete the course may be eligible for additional instruction time for a fee. For more information on this program, please see our website at [lccc.wy.edu/lifeEnrichment](http://lccc.wy.edu/lifeEnrichment).

<b>LIFE 1096.600</b>	TTh	05:30PM-08:30PM	CCI 143
	Sa	08:00AM-12:00PM	
Sessions: 9	\$313	02/14/23-03/04/23	Dave Harris
<b>LIFE 1096.602</b>	TTh	05:30PM-08:30PM	CCI 143
	Sa	08:00AM-12:00PM	
Sessions: 9	\$313	04/18/23-05/06/23	Dave Harris

### Gardening for Success in Laramie County

We live in a high altitude, dry and windy location creating challenges growing anything from trees to vegetable gardens. In this boot camp gardening class, we will cover how to grow successfully in Laramie County. We will cover vegetable gardens, trees, shrubs, soils and soil amendments, irrigation basics and why we are not a zone 5.

<b>LIFE 1863.600</b>	Sa	10:00AM-12:00PM	PF 305
Session: 1	\$24	05/13/23	Catherine Wissner

### How to Launch a Successful Podcast

Have something to say? Tell the world via your own podcast! Currently 62% of Americans 12 years and older have listened to a podcast and 79% are familiar with the medium. That is an incredible opportunity for you to launch a personal, business or organizational podcast and create a relationship with an audience that will know, like and trust you. By the end of this course you will know how to record, edit and publish your own podcast. You will also have a blueprint to create a business around your podcast and market it to new listeners.

<b>LIFE 2086.600</b>	Sa	10:00AM-12:30PM	BT 112
Sessions: 4	\$161	04/08/23-04/29/23	David Hartman

### Immigration 101 in the Cowboy State

Immigration plays a big role in Wyoming’s economy. People from around the world come to Wyoming to vacation, pursue higher education, work and/or live. Join us in this informative hour of learning how immigration impacts the Cowboy State and gain a deeper understanding of the US Immigration system. This class is a general overview of immigration law, for a deep-dive into specific immigration processes, please also consider our course on Family-based Immigration Petitions.

<b>LIFE 2059.600</b>	T	05:30PM-06:30PM	CCI 123
Session: 1	\$11	03/28/23	Christine Jordan

### Mira, Habla Y Disfruta, El Cine en Espanol

Do you love Ibero-Hispanic cinema? Join us as we journey through the charming world of Spanish and Latin American cinema. The class will explore a variety of movies from Spain, Columbia and Argentina. Using the movies as a back drop we will also explore the music, culture, food and architecture of these countries. The primary language used in class will be Spanish. An intermediate level of speaking and understanding of Spanish is highly recommend. What a great way to practice and become a more fluent Spanish speaker. See you there! A few of the movies we will be previewing are: No soy vos soy yo (Argentina), nueve Reinas (nine queens) (Argentina), El robo del siglo , (Argentina), La estrategia del Caracol, (Colombia) Crónica de una muerte anunciada (Colombia) and Jamón jamon (Spain).

<b>LIFE 2084.600</b>	Th	05:30PM-07:45PM	CCI 121
Sessions: 10	\$162	03/23/23-05/25/23	Erika Espana Skinner

### Thinking Like Jesus

The apologetics I am offering is not about thinking about various facts but learning to think differently. How one thinks effects everything. The purpose of this class is to challenge people to think more deeply about the presuppositions that control their thought processes. Here is the proposition: Everything that exists is proof of the existence of the biblical God. What thought processes allow or disallow such a thought?

<b>LIFE 2080.600</b>	Su	01:30PM-03:30PM	CCI 123
Sessions: 4	FREE	03/05/23-03/26/23	Michael Hays

# Arts & Crafting

### Adult Pottery

Come play in the mud and learn about how to build things out of clay. Learn the methods of shaping, glazing and firing. Exploration and imagination strongly encouraged. All clay, glaze, firing and tools provided. All levels welcome. Come play in the mud!

<b>LIFE 1781.600</b>	T	06:00PM-09:00PM	FA 126
Sessions: 8	\$202	01/24/23-03/14/23	TJ Storer
<b>LIFE 1781.601</b>	T	06:00PM-09:00PM	FA 126
Sessions: 8	\$202	03/28/23-05/16/23	TJ Storer

### Basics of Drawing

This will be a fun class for those who always wanted to learn to draw but did not want to commit to the time and cost of a credited class. Basics in shape, form, light, placement, shading and terminology will be taught. By the end of the course, students will have completed one composition that will give them the basic knowledge that creates the illusion of 3-dimensional space on a 1-dimensional canvas. A supply list will be provided at the time of registration.

<b>LIFE 2048.600</b>	T	06:00PM-08:00PM	TC 123
Sessions: 13	\$140	02/07/23-05/02/23	Pamela Hickman

Handmade Lace

Learn three different disciplines of lace making: Crocheting, Tatting and Knot Lace. Each is a decidedly different style to creating lace for clothing, doilies, shawls, table cloths, etc. During this 15 week class, students will master the techniques to accomplish the goal of three doilies – 1 for each discipline described. Supplies needed for class: Silver Metal Crochet Hooks #3, 8, & 10, One ball of #10 thread (white), One set of basic tatting needles size #3, 5 & 8, and one set of large eyed sharp tipped sewing needles.

**LIFE 1994.600** Sa 04:00PM-05:30PM CCI 143  
Sessions: 15 \$132 02/04/23-05/13/23 Pamela Hickman

Jewelry and Metals Open Studio

The Open Studio allows students to use the equipment in the Metals Laboratory to create small artistic pieces in silver, copper, and brass (no iron or steel), enamel, repoussé and cut, grind, polish, and set semi-precious stones. The studio not only presents the opportunity to use equipment in a safe environment that the student may not have at home but to also interact with other artists in a synergetic manner. This is not primarily an instructional course; only limited assistance is available. Students are responsible for providing all the components for their projects and their consumable supplies. For instance, saw frames are available but saw blades are not provided. There will be an Equipment Review and a Safety Test students must pass before they will be cleared for the use of the equipment. Lab fees are included in the cost of the class.

**LIFE 2046.600** T 03:30PM-07:30PM FA 144  
Sessions: 13 \$99 01/31/23-05/02/23 John Heller  
No class March 14.

Learn the ABCs of Crochet

Learn the basics of crocheting: identifying crochet language, learn to read a pattern and create a basic easy crochet project (granny square blanket, basic hat, or scarf). Come away with a sense of accomplishment and a basic project of your own. MATERIALS NEEDED: 1 – H (5.00 mm) hook. Practice yarn and an instruction manual will be provided. Yarn for in-class project and pattern selection will be discussed at the first class.

**LIFE 1809.600** Sa 02:00PM-03:30PM CCI 143  
Sessions: 7 \$120 02/04/23-03/18/23 Pamela Hickman  
**LIFE 1809.601** Sa 02:00PM-03:30PM CCI 143  
Sessions: 7 \$120 04/08/23-05/20/23 Pamela Hickman

Metalsmithing for the Hobbyist

Metalsmithing for the Hobbyist is designed to prepare the student to practice basic metalsmithing techniques in the home studio. Several jewelry and sculpture projects will allow the student to develop basic skills using easy to acquire tools and materials. Topics will include materials, heat treatment and soldering, cold forging and forming, design and safety. Basic supplies will be provided. Project specific supplies are provided by the student and will be discussed the first night of class.

**LIFE 2054.600** M 05:00PM-08:00PM FA 144  
Sessions: 6 \$139 01/23/23-03/06/23 Noah Obrien  
No class Feb. 20.  
**LIFE 2054.601** M 05:00PM-08:00PM FA 144  
Sessions: 6 \$139 03/27/23-05/01/23 Noah Obrien

Painting: Painting Fundamentals

Pull out your paints and get started on a journey of artistic expression. Topics will include the use of color, composition and balance to create informed pieces of art. Instruction will include hands-on demonstrations, guided observation, class discussion and critique. Acrylic paints are recommended for beginners; Oil paints permitted. A supply list will be provided at time of registration.

**LIFE 2053.600** W 06:00PM-08:00PM FA 129  
Sessions: 8 \$194 03/01/23-04/19/23 James Overstreet

Painting: Painting, Continued

Ready to take your paintings to the next level? Dig deeper into content and practice, combining personal experience and creative thought into authentic subject matter. Students will be pushed to explore themes and deeper meaning, all while refining their foundational skills. Oil and acrylic mediums welcome.

**LIFE 2073.600** T 06:00PM-08:00PM FA 129  
Sessions: 8 \$194 02/28/23-04/18/23 James Overstreet

Quilting: The Basics of Hand Pieced Quilting

Learn the process of hand piecing (English paper technique) and hand quilting through creating a sample quilt block. Students will learn how to create a pattern, cut and stitch the quilt pieces together. Following the piecing of the quilt front, the student will learn the process of how to actually quilt the quilt through the selection of backing material, placement of the backing, batting and quilt front together with a basting stitch before placing the quilt in the quilting frame (hoop). Once in the frame, the student will learn how to complete the quilting process by sewing in a running stitch the front, batting and backing together. To finish off the quilt block, the student will learn how to bind the quilt block to finish their project.

**LIFE 1960.600** Th 06:00PM-08:00PM TC 123  
Sessions: 13 \$140 02/02/23-04/27/23 Pamela Hickman

Dog Training

Mind Your Manners

This class is designed to teach you how to teach your dog. You will learn how to teach basic house manners such as "sit," "down," "stay," and walking on a loose leash. We will work on problem behaviors and learn some fun tricks. Dogs six months or older are welcome. All dogs are required to be current on vaccines including Rabies, Parvo and Bordetella (kennel cough). Bring proof of vaccinations first in-person class. As determined by the instructor, any dog that is not suitable for the group class environment may be asked to not continue training. **NO DOGS FOR ORIENTATION CLASS.**

**LIFE 1023.600** Sa 12:00PM-03:00PM TEAMS  
01/21/23  
Sa 01:00PM-02:30PM CT 126  
Sessions: 7 \$135 01/28/23-03/04/23 Cathy Anderson  
**LIFE 1023.601** Sa 12:00PM-03:00PM TEAMS  
03/18/23  
Sa 12:45PM-02:15PM CT 126  
Sessions: 7 \$135 03/25/23-04/29/23 Cathy Anderson

Puppy ABCs & 123s

Get your puppy started on the right paw. This class is designed to teach you how to teach your puppy basic house manners such as "sit," "down," "stay," and walking on a loose leash. We will work on problem behaviors, such as jumping, mouthing and learning some fun tricks. This class is for puppies aged 14 weeks to six months. All dogs are required to be current on vaccines including Rabies, Parvo, Bordetella (kennel cough). Bring proof of vaccinations first in-person class. As determined by the instructor, any dog that that is not suitable for the group class environment may be asked to not continue training. **NO DOGS FOR ORIENTATION CLASS.**

**LIFE 1025.600** Sa 12:00PM-03:00PM TEAMS  
01/21/23  
11:15AM-12:45PM CT 126  
Sessions: 7 \$135 01/28/23-03/04/23 Cathy Anderson  
**LIFE 1025.601** Sa 12:00PM-03:00PM TEAMS  
03/18/23  
11:00AM-12:30PM CT 126  
Sessions: 7 \$135 03/25/23-04/29/23 Cathy Anderson

Ready, Set, Show

This class is for those working on showing their dogs in AKC conformation shows. Great for the new puppy just starting or just a refresher for those that need some polishing up to perform in the ring. Every night we will practice going over dogs and running around the ring. This is a “drop-in” type of class which means you can bring as many dogs over the age of 16 weeks that you can work in one hour however, you must register in advance. We start the first night of class, so bring your dogs. ALL DOGS MUST BE CURRENT ON VACCINES. Please have proof of vaccines with you for every night of class.

**LIFE 1794.600** Sa 10:00AM-11:00AM CT 126  
Sessions: 6 \$109 01/28/23-03/04/23 Cathy Anderson



# Equine

## Barrel Horse Conditioning

The class will focus on exercises and drills to improve horsemanship skills in barrel racing. Riders will be able to work on the pattern with young horses and condition seasoned horses. Rider must provide their own horse. This is a course for intermediate riders and riders with knowledge of barrel racing. Proof of vaccinations by vet note or proof of purchase will be required on the first day of class. Class will meet the published number of times within the published dates. A class schedule will be handed out on the first day of class.

**LIFE 2029.600** Su 08:00AM-10:00AM ARENA 100  
Sessions: 11 \$140 01/29/23-04/30/23 Becky Juschka

## Mounted Tactics

Join us for a fun filled class of formation riding. We will work on riding in formation, desensitization, and crowd management while on horseback. This class is intended for intermediate to advanced riders with your own horse. If it is determined that the rider, or horse, does not have the necessary skills for this course, they will not be able to continue. Prerequisite: Introduction to Riding Basics or Instructor approval. Proof of vaccinations either by vet note or proof of purchase, will be required on the first day of class. Class will meet the published number of times within the published dates. A class schedule will be handed out on the first day of class.

**LIFE 2019.600** Su 10:30AM-12:00PM ARENA 100  
Sessions: 11 \$140 01/29/23-04/30/23 Tom Houghton

## Ranch Horse Versatility Techniques

This class will focus on versatility ranch horse classes. Riders will work on various maneuvers that are necessary in reining, trail, ranch riding, and ranch pleasure. This class is intended for intermediate to advanced riders with your own horse. If it is determined that the rider, or horse, does not have the necessary skills for this course, they will not be able to continue. Prerequisite: Introduction to Riding Basics or Instructor approval. Proof of vaccinations either by vet note or proof of purchase will be required on the first day of class. Class will meet the published number of times within the published dates. A class schedule will be handed out on the first day of class.

**LIFE 2078.600** Su 02:30PM-04:30PM ARENA 100  
Sessions: 11 \$162 01/29/23-04/30/23 Lanae McDonald

## Supervised Open Ride

Bring your horse and enjoy an open ride inside the LCCC Equestrian Arena. This course is designed for riders to independently work with their horse under supervision and with requested assistance and advice. Students must provide their own horse, be comfortable riding in a group setting, and be able to control their horse at all times. Students can ride either English or Western and horses must be a minimum of 4 years of age. If it is determined that the rider does not have the necessary horsemanship skills for this course or if the horse is not kept under control, the rider will not be able to continue in this course. All students under 18 must wear a riding helmet. Proof of vaccinations either by vet note or proof of purchase will be required at the first class. Class will meet the published number of times within the published dates. A class schedule will be handed out on the first day of class.

**LIFE 2020.600** Su 12:15PM-02:00PM ARENA 100  
Sessions: 11 \$162 01/29/23-04/30/23 Susan Benning

**We appreciate your feedback.  
Please take a moment to complete  
an online survey about your class.**

[lccc.wy.edu/lesurvey](https://lccc.wy.edu/lesurvey)

# Financial

## Medicare Basics

Are you eligible for Medicare or will be shortly? Are you married to someone who will be? Are your parents approaching that age? How do you sign up for Medicare? Do you need to sign up? What if you don't sign up? What are the penalties if you don't? What if you are covered by another insurance plan? What is covered by each part of Medicare? What is Medicare Part C – I have never heard of that? Why do I need to pick a Medicare Part D plan? What is a prescription drug plan anyway? What is the difference between a Supplemental plan and a Medigap plan? Do I need them both? Why should I have long term care insurance if I have Medicare? Doesn't Medicaid pay for that anyway? This class is designed to provide for a brief overview of these topics and help clear up some myths about insurance when we reach age 65.

**LIFE 1415.600** M 06:30PM-08:30PM CCI 123  
Session: 1 \$17 01/23/23 Charlie Simineo

## Medicare: Understanding Medicare Drug Programs

Are you eligible for Medicare, or will be shortly? You probably have the following questions: Will my drugs be covered? Do I need to get drug coverage? How do I sign up? What do you mean there could be a penalty? What if I am covered by another insurance plan? If I am taking no drugs, why do I need to pick a Part D plan? What does picking a Part D plan even mean? How do I do it? Do I need to select a different plan each year? What if I have used the same plan for several years? I hear about Open Enrollment, what does that mean? If you have had any of these questions, this class is for you.

**LIFE 1970.600** M 06:30PM-08:30PM CCI 123  
Session: 1 \$17 01/30/23 Charlie Simineo

## Medicare Advantage Plan, Long-term Care Insurance and Medigap Clarified

What is a Medicare Advantage Plan? What is a Medigap or Medicare Supplemental Plan? When should I buy each of these plans or do I even need to? Why should I care about the deductibles in Medicare anyway? What does the alphabet have to do with a Medigap policy? A portion of the class will be spend on Long Term care payment, including Long Term Care insurance. What do they pay for? Are they really that expensive? Come join us!

**LIFE 2077.600** M 06:30PM-08:30PM CCI 123  
Session: 1 \$17 02/06/23 Charlie Simineo

## Which Business Entity Is Right For You?

Are you a landlord? Starting a new business? Wanting to formalize your existing business? If so, then you likely need a business entity! This class will teach you the types of business entities available to you and why forming an entity can protect you and your business.

**LIFE 2079.600** TTh 12:00PM-01:00PM CCI 123  
Sessions: 2 \$14 04/11/23-04/13/23 John Fritz

# Fitness

## Morning Relaxation, Stretching and Balance through Tai Chi

This introductory Tai Chi class is designed for seniors interested in stretching and improving their balance by practicing the Tai Chi posture, walk and simple Tai Chi movements. Students will also be introduced to breathing and relaxation exercises. Potentially a student may want to take this class multiple times to perfect form before progressing to next level Tai Chi class.

**LIFE 2083.600** TTh 08:30AM-09:30AM CCI 121  
Sessions: 12 \$92 01/24/23-03/02/23 Michele Schmidt

**LIFE 2083.601** TTh 08:30AM-09:30AM CCI 121  
Sessions: 12 \$92 03/14/23-04/20/23 Michele Schmidt

Saturday Relaxation, Stretching and Balance through Tai Chi

This class is designed for seniors interested in stretching, and improving their balance by practicing the Tai Chi posture, walk and simple Tai Chi movements. Students will also be introduced to breathing and relaxation exercises.

<b>LIFE 2051.600</b>	Sa	09:45AM-10:45AM	CCI 121
Sessions: 6	\$47	01/21/23-02/25/23	Michele Schmidt
<b>LIFE 2051.601</b>	Sa	09:45AM-10:45AM	CCI 121
Sessions: 6	\$47	03/11/23-04/15/23	Michele Schmidt

World Tai Chi & Qigong Day

The “Tai Chi 4 Cheyenne” Group would like to invite you to join us for a day of fellowship and celebration as we acknowledge World Tai Chi & Qigong Day. This event is held annually across the globe. We will demonstrate a short form and push hand skills. Snacks and refreshments will be provided. If you are intrigued about Tai Chi but haven’t taken your first step, this is the perfect opportunity to see what it’s all about.

<b>LIFE 2081.600</b>	Sa	11:00AM-01:00PM	TC 121
Session: 1	FREE	04/29/23	Michele Schmidt

Wu Style Tai Chi & Push Hands

In this next level Tai Chi class, we will focus on Push Hands skills, explore individual postures more deeply and the martial arts applications of Tai Chi postures. Completion of RELAXATION, STRETCHING AND BALANCE class or other comparable introductory course offered by Michele required for enrollment in this class.

<b>LIFE 2082.600</b>	Sa	11:00AM-12:00PM	CCI 121
Sessions: 8	\$54	01/21/23-03/11/23	Michele Schmidt
<b>LIFE 2082.601</b>	Sa	11:00AM-12:00PM	CCI 121
Sessions: 8	\$54	03/25/23-05/13/23	Michele Schmidt

Hand Gun Safety

Basic Pistol Class

This course is designed to assist students in the safety and basic use of handguns. Students will be trained in the selection, care, handling and storage of firearms. Safety, defensive procedures and the legal aspects of the use of handguns in self-defense in the state of Wyoming will also be presented. Double-action, center fire handguns are provided. Cost includes handgun use, targets and handout materials. Students will be required to provide their own ammunition (estimated cost is \$100). Information on what ammunition to purchase will be discussed at the first class. **Attendance is mandatory on all class days. Students missing class days will be unable to continue with the course and will not receive a refund due to lack of attendance or outside the published course refund policy.** Cosponsored by LCCC and the Sheriff's Department, the class will be held at the Laramie County Sheriff's Department, 1910 Pioneer Ave. No firearms shall be brought to the course. In order to participate in this course, class participants must pass a criminal background check run by the Sheriff's Department prior to the start of the course. Students must be a legal resident of the United States and 21 years of age or older.

<b>LIFE 1523.600</b>	Th	06:30PM-09:45PM	LCSD LOBBY
Sessions: 5	\$106	01/19/23-02/16/23	Pat Lewis
<b>LIFE 1523.601</b>	Th	06:30PM-09:45PM	LCSD LOBBY
Sessions: 5	\$106	03/02/23-03/30/23	Pat Lewis

lccc.wy.edu/Enrichment

Registration opens  
November 30

307.778.1236

Personal Protection in the Home

The goal of this course is to develop the students' basic knowledge, skills and attitude essential to the safe and efficient use of a handgun for protection of self and family. The course will also provide information on the law-abiding citizen's right to self-defense. Students must provide 200 rounds and their own .38 caliber or larger (non-magnum) center-fire handguns and ammunition. Ammunition must be factory-loaded, full metal jacket design (no reloads). Continued participation in this class will require a student to demonstrate safe handling skills and complete a shooting proficiency evaluation with his/her handgun during the first-class session. **Attendance is mandatory on all class days. Students missing class days will be unable to continue with the course and will not receive a refund due to lack of attendance or outside the published course refund policy.** Students must present proof of participation (a signed certificate of completion) in either the LCCC/LCSD Basic Pistol Course or the NRA Basic Pistol Course on the first night of class. Any firearms brought to the course will be unloaded prior to entering the LCSD Building. Ammunition and firearms must be carried in separate containers. In order to participate in this course, class participants must pass a criminal background check run by the sheriff's department prior to the start of the course. Students must be a law-abiding resident of the United States and 21 years of age or older.

<b>LIFE 1039.600</b>	Th	06:30PM-09:45PM	LCSD LOBBY
Sessions: 6	\$82	04/13/23-05/18/23	Pat Lewis

Language

Conversational French 1

Bonjour! This is the course for you even if you have no previous experience with the French language! This course emphasizes proficiency, with attention to speaking and listening skills, self-expression, and cultural insights. Classroom activities are varied, interactive, and focused on acquiring listening, speaking, reading, and writing skills simultaneously – always in the context of French culture. Textbook included.

<b>LIFE 1839.600</b>	W	05:30PM-06:45PM	BT 112
Sessions: 10	\$142	01/18/23-03/22/23	Dennis Dicampli

Conversational Spanish 1

Hola amigos! Hello friends! How would you like to begin an exciting journey into the world of Spanish language and culture? Your ability to speak, read, and write Spanish is a valuable and wonderful skill that allows you to travel to places you only dreamed of. Your job market will expand globally and you will be able to better communicate with the people of different cultures. Your goal is to develop a greater understanding and appreciation of the Spanish speaking world and of the culture around you. Includes textbook.

<b>LIFE 1554.600</b>	M	05:30PM-06:45PM	BT 112
Sessions: 10	\$142	01/23/23-04/03/23	Dennis Dicampli
No class Feb. 20.			

Conversational Spanish 2

How would you like to further improve your Spanish speaking, reading and writing even more confidently while exploring the people and cultures of the Spanish-speaking world? This course will afford you the opportunity to enhance your Spanish communication in real-world scenarios. You will be able to improve both your Spanish accent and build your vocabulary along the way! Textbook included.

<b>LIFE 1587.600</b>	M	07:00PM-08:30PM	BT 112
Sessions: 10	\$142	01/23/23-04/03/23	Dennis Dicampli
No class Feb. 20.			

Practical Italian 1

Ciao! You don’t have to travel to Italy to immerse yourself in Italian culture. This course will create real-life Italian situations to quickly build your speaking skills. You will learn the words to expressions that will help you make the most of any trip to Italy, or just ordering food in an Italian restaurant. Textbook included.

<b>LIFE 1838.600</b>	T	05:30PM-06:45PM	BT 112
Sessions: 10	\$142	01/24/23-03/28/23	Dennis Dicampli



# Writing

## Writing Boot Camp

The ultimate boot camp for writers. Writing Boot Camp is an intensive, four-week workshop where writers work on a designated project (fiction, nonfiction, memoir). Come prepared to dig into your story and flesh it out. Writers work on scenes, characters and plot through instructor-led evaluation of that pivotal first draft. Focused weekly readings will provide the writer with clear and specific goals to make progress in their work. Additionally, weekly marketing assignments – from query letters to writing a synopsis – will empower writers with the tools to market their completed work. Writers at any stage of the writing process are welcome.

**LIFE 2023.600** Th 06:00PM-08:00PM HS 104  
Sessions: 4 \$215 02/02/23-02/23/23 Mary Billiter

## Writing Boot Camp – the Next Level

Boot Camp 2.0 turns up the heat to take your writing work-in-progress to the next level! From query letters and submission guidelines to character and plot development, focused weekly marketing and writing prompts will strengthen, build, and refine your writing. By the end of four weeks, writers will be on track with their author and book development.

**LIFE 2045.600** Th 06:00PM-08:00PM HS 104  
Sessions: 4 \$215 03/02/23-03/23/23 Mary Billiter

# Online Learning

## Mastering Your Digital SLR Camera

Take control of your digital SLR camera. In this course, you will break through the technology barrier and learn how to use your DSLR to take beautiful photos.

You will start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, you will learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You will find out how to use these features to get the right exposure for every shot. Then turn your attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you will be able to take your photography to the next level.

By the end of this course, you will be a DSLR master and will be able to take the photos you’ve always dreamed of.

Cost: \$89 Location: online ed2go.com/larcoco  
Days and Times: start date is middle of each month, 6-week class

## Singapore Math: Number Sense and Computational Strategies

Singaporean teachers make math purposeful, interesting, and relevant using a layered curriculum founded on solid number sense and concrete, pictorial, and abstract computational strategies. This course will introduce numerous strategies to create meaningful math lessons of your own.

You will be introduced to what Singapore Math is and how it has become such a powerful and highly regarded math curriculum. Then you discover how number sense and place value instruction are the basis for all Singapore Math. From there, you will learn a variety of computational strategies to make addition, subtraction, multiplication, and division a cinch. You won’t need a passport to discover the curriculum of the world’s math leader!

Cost: \$99 Location: online ed2go.com/larcoco  
Days and Times: start date is middle of each month, 6-week class

## Solving Classroom Discipline Problems

Why do some teachers enjoy peaceful, orderly classrooms while other teachers face daily discipline battles? The answer is that many teachers have not been taught the secrets to solving discipline problems. This course reveals those secrets and presents a step-by-step approach to effective, positive classroom discipline. Teachers continually rate this course one of the most valuable they have ever taken.

Cost: \$99 Location: online ed2go.com/larcoco  
Days and Times: start date is middle of each month, 6-week class

## A to Z Grant Writing

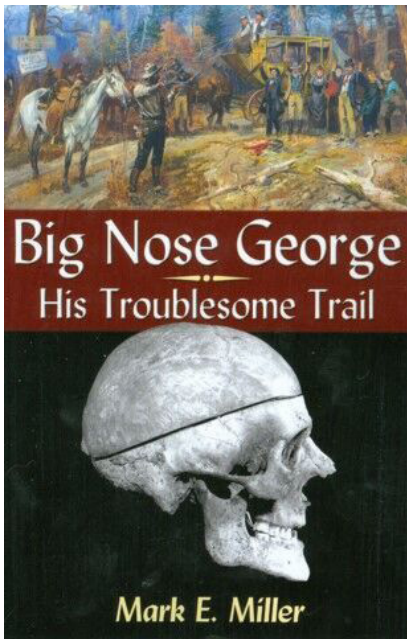
A to Z Grant Writing will take you through the process of finding and writing a grant application. Using a Theory of Change process to engage stakeholders in framing a grant application, you will prepare a draft of a grant application of your choice step-by-step. In doing so, you will learn what grant funders look for in an application by reviewing pieces of your peers’ grant proposals to provide and receive feedback. Additional features include six teachable moments videos and six choose your own adventure branching scenarios.

Cost: \$99 Location: online ed2go.com/larcoco  
Days and Times: start date is middle of each month, 6-week class

## Homeschool with Success

Homeschooling can be a bit of a mystery if you’re new to the topic. In this course, you’ll start at the beginning, delving into the history of homeschooling and examining its status today in all 50 states. You’ll see how to find the laws and regulations that govern your community and you might be surprised to learn that homeschooling is legal and growing all around you. As you discover what you need to know to homeschool your children, you’ll also become familiar with the terminology the homeschool community uses

Cost: \$89 Location: Online ed2go.com/larcoco  
Days and Times: start date is middle of each month, 6-week class



# L.I.F.E. LEARNING IS FOR EVERYONE

## BOOK GROUP

Join Author Mark Miller and Historian Rick Ewig for a fun and lively discussion of the book “Big Nose George: His Troublesome Trail.” Following our book group discussion will be a guided trolley tour of Cheyenne’s historic places. Cost of the program will include lunch, book and the trolley tour. Space is limited and registration required.

March 18, 2023 Doors open at 11:15AM  
Cost: \$10 Program 11:30-04:30PM



**Thank you to AARP and the Laramie County Library Foundation for your support.**

# DRIVER SIMULATOR

Do you have a new driver in your house? Would you like to try out their knowledge of Rules of the Road before they drive the streets? The driver simulator is an excellent choice for those who are new to driving or would just like more practice. Included with driver education class.  
Other times \$15 per one hour session.

**Register @ [lccc.wy.edu/Enrichment](http://lccc.wy.edu/Enrichment)  
or 307.778.1236.**



## Complete Your Continuing Education Hours ONLINE



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Below are just a few of our most popular continuing education courses:

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- Teaching Students With Autism: Strategies for Success
- Differentiated Instruction in the Classroom
- Creating K-12 Learning Materials
- Survival Kit for New Teachers
- Spanish in the Classroom

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**Laramie County Community College**



University of Wyoming Extension Office

# Master Gardener Program

This comprehensive Gardening Program will teach everything a person needs to know to be a master gardener. All ability levels are welcome, there are no prerequisites. Once the classroom portion of this course has been completed, an additional 40 hours of volunteer time is accomplished throughout the summer. The cost of the course includes Wyoming Sustainable Horticulture "Master Gardener Handbook." Upon completion of this course and volunteer hours, participants will be recognized as Master Gardeners of Laramie County and receive a certificate.

Class Dates: M/W 6-9 PM  
Jan. 9 – March 15, 2023

Cost: Full Price \$175

**Earlybird Registration \$125** (Closes on Dec. 26)

Enter promo code **earlybird** at time of checkout to receive discount.



## DINEEN WRITERS SERIES

### ELIZABETH SMART

speaks at Laramie County Community College

**APRIL 6, 2023 | 6 PM**

Survivor, activist, ABC News correspondent, and founder of the Elizabeth Smart Foundation, Elizabeth Smart will visit the LCCC campus for a brunch with Wyoming advocates and then at 6 pm will share her story at an evening talk in LCCC's Surbrugg/Prentice Auditorium. Free and open to the public.



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**[lccc.wy.edu/culturalseries](http://lccc.wy.edu/culturalseries)**  
for more details



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LIFE ENRICHMENT IN CHEYENNE



NONCREDIT REGISTRATION INFORMATION

You may register for noncredit Workforce Development classes online at [lccc.wy.edu/workforce](http://lccc.wy.edu/workforce) or by calling 307.778.4381 (For refund, cancelation and withdrawal information see inside front cover.)

WORKFORCE TRAINING AT A GLANCE . . .

COURSE TITLE	SECTION CODE	DAY	DATE	TIME	LOCATION	COST	INSTRUCTOR	PAGE
COMPUTER APPLICATIONS TRAINING								
Administrative Support Specialist	BTWD 0215.540	Th	02/09/23-04/13/23	08:00AM-12:00PM	TC 103	\$2,200	Janice Cheever	11
MS Access Advanced	BTWD 0610.600	W	04/12/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Access Basic	BTWD 0603.600	W	02/08/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Access Intermediate	BTWD 0605.600	W	03/08/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Excel Advanced	BTWD 0609.600	Th	04/20/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Excel Basic	BTWD 0601.600	W	01/25/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
	BTWD 0601.601	W	02/22/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	
MS Excel Intermediate	BTWD 0607.600	W	03/22/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Word Advanced	BTWD 0608.600	W	04/05/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Word Basic	BTWD 0602.600	W	01/18/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
MS Word Intermediate	BTWD 0604.600	W	03/01/23	09:00AM-04:00PM	TC 103	\$129	Janice Cheever	11
QuickBooks Desktop	BTWD 0108.600	TW	01/31/23-02/01/23	09:00AM-03:00PM	TC 103	\$258	Janice Cheever	11
QuickBooks Online Software	BTWD 0677.800	WTh	02/14/23-02/15/23	09:00AM-01:00PM	NET	\$258	Janice Cheever	11
Smartsheet	BTWD 0674.600	W	01/11/23	09:00AM-12:00PM	TC 103	\$79	Janice Cheever	11
CPR, FIRST AID AND EMERGENCY SERVICES								
CPR and First Aid	EMTN 4010.600	F	TBA	09:00AM-03:00PM	TC 115	\$110	Staff	11
CPR for Healthcare Providers	EMTN 4015.600	F	01/06/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	11
	EMTN 4015.601	F	01/20/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.602	F	02/03/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.603	F	02/17/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.604	F	03/03/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.605	F	03/24/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.606	F	04/07/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.607	F	04/21/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.608	F	05/05/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
	EMTN 4015.609	F	05/19/23	09:00AM-01:00PM	TC 115	\$89	Frances Phelps	
LEADERSHIP, ORGANIZATIONAL AND PROFESSIONAL DEVELOPMENT								
Admin Professionals Conference	BTWD 0348.600	W	04/26/23	08:00AM-05:00PM	PF 108	\$129	Monica Puente	11
Become Your Own Best Advocate	BTWD 0510.600	W	01/11/23	08:00AM-12:00PM	TC 121	\$99	Monica Puente	11
Bridges Out of Poverty	BTWD 0684.600	M	01/09/23	01:00PM-05:00PM	TC 123	\$99	Melissa Martin	12
	BTWD 0684.601	Th	02/23/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	
	BTWD 0684.602	T	04/25/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	
Communicating for Leadership Success	BTWD 0405.600	T	02/28/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	12
	BTWD 0405.601	Th	03/30/23	01:00PM-05:00PM	TC 112	\$99	Monica Puente	
	BTWD 0405.602	T	04/18/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	
Crucial Conversations	BTWD 0477.600	WTh	01/11/23-01/12/23	08:00AM-05:00PM	TC 120	\$399	Melissa Martin	12
	BTWD 0477.601	WTh	03/15/23-03/16/23	08:00AM-05:00PM	TC 123	\$399	Melissa Martin	
De-Escalating Emotions	BTWD 0594.800	F	02/10/23	11:00AM-01:00PM	NET	\$49	Monica Puente	12
DiSC Personality Assessment	BTWD 0474.600	Th	01/19/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	12
	BTWD 0474.601	T	03/21/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	
Emotional Intelligence	BTWD 0217.600	T	02/07/23	01:00PM-05:00PM	TC 123	\$99	Melissa Martin	12
	BTWD 0217.601	Th	04/13/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	
Exploring the Leader in You	BTWD 0706.600	W	01/11/23	08:00AM-12:00PM	TC 123	\$99	Monica Puente	12
Generations in the Workplace	BTWD 0136.600	Th	01/26/23	01:00PM-05:00PM	TC 123	\$99	Melissa Martin	12
	BTWD 0136.601	T	04/04/23	01:00PM-05:00PM	TC 123	\$99	Melissa Martin	
Influencing Others	BTWD 0056.600	T	03/07/23	08:00AM-12:00PM	TC 123	\$99	Monica Puente	12
	BTWD 0056.601	Th	05/18/23	08:00AM-12:00PM	TC 112	\$99	Monica Puente	
New Supervisor Training	BTWD 0563.600	W	02/22/23	08:00AM-05:00PM	TC 112	\$199	Monica Puente	12
	BTWD 0563.601	T	05/23/23	08:00AM-05:00PM	TC 112	\$199	Monica Puente	
Managing Customer Expectations	BTWD 0720.800	Th	04/13/23	11:00AM-01:00PM	NET	\$49	Monica Puente	12
	BTWD 0720.801	F	03/24/23	11:00AM-01:00PM	NET	\$49	Monica Puente	
Unconscious Bias	BTWD 0580.600	T	01/31/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	12
	BTWD 0580.601	T	03/28/23	01:00PM-05:00PM	TC 112	\$99	Melissa Martin	



# DESCRIPTIONS

See Page 10 for dates and times.

## COMPUTER APPLICATIONS TRAINING

### Administrative Support Specialist

This hybrid course will prepare students for the globally recognized certifications in IC3-GS6 Digital Literacy certificate, Microsoft Office Specialist (MOS) Word Associate, MOS Excel Associate, MOS Outlook Associate, and Communication Skills for Business (CSB). Students will learn skills to become an indispensable member of an office team by providing high productivity and efficiency including soft skills training for workplace stability, dealing with conflict, time management, information and records management and travel and meeting coordination.

### MS Access Advanced

You will: Customize a form layout to improve usability and efficiency of data entry. Share data across applications. Use macros to improve user interface design. Use VBA to enhance tasks. Organize data into appropriate tables to ensure data dependency and minimize redundancy. Lock down and prepare a database for distribution to multiple users. Create and modify a database switchboard and set the start-up options.

### MS Access Basic

In this course, you will create and manage an Access database. You will: navigate within the Microsoft Access application environment, create a simple database, and customize Access configuration options. You will organize and manage data stored within Access tables. Use queries to join, sort, and filter data from different tables. Use forms to make it easier to view, access, and input data. Create and format custom reports.

### MS Access Intermediate

In this course, you will create and manage an Access database. You will: Design a relational database. Join tables to retrieve data from unrelated tables. Validate data entered into a database. Use advanced queries to manipulate your data. Organize a database for efficiency and performance, and to maintain data integrity. Customize reports to organize the displayed information and produce specific print layouts.

### MS Excel Advanced

In this course students learn how to leverage the power of data analysis and presentation in order to make informed, intelligent organizational decisions. Students will work with advanced functions and formulas, create data tables and use lookup functions, incorporate data management validation, visualize data with charts, export and import data, use analytical tools, PivotTables, PivotCharts and learn to incorporate macros.

### MS Excel Basic

Upon successful completion of this course, you will be able to create and develop Excel worksheets and workbooks in order to work with and analyze the data that is critical to the success of your organization. You will: get started with Microsoft Office Excel; perform calculations; modify a worksheet; format a worksheet; print workbooks; and manage workbooks.

### MS Excel Intermediate

Upon successful completion of this course, you will be able to perform advanced data analysis, collaborate on workbooks with other users, and automate workbook functionality. Students will work with multiple worksheets and workbooks; use formula auditing, advanced custom formatting, outlining and subtotals, create and use cell and range names, sort, filter and work with table data and share and protect workbooks.

### MS Word Advanced

In this course, you will: Use images in a document. Create custom graphic elements. Collaborate on documents. Add reference marks and notes. Secure a document. Create and manipulate forms. Create macros to automate tasks.

### MS Word Basic

In this course, students will learn fundamental MS Word skills. Topics covered include navigating and performing common tasks in Word such as opening, viewing, editing, saving, printing documents, and configuring the application.

### MS Word Intermediate

In this course, you will learn to create and modify complex documents and use tools that allow you to customize those documents. You will: Organize content using tables and charts. Customize formats using styles and themes. Insert content using quick parts. Use templates to automate document formatting. Control the flow of a document. Simplify and manage long documents. Use mail merge to create letters, envelopes, and labels.

### QuickBooks Desktop

This course provides instruction on how to use the desktop version of QuickBooks, Intuit’s accounting software for small businesses. The class is designed to teach you how to use features and give you an opportunity for hands-on practice. Students will learn about setting up and creating a company, modifying the preset chart of accounts, working with multiple lists, setting up inventory, invoicing, processing payments, working with bank accounts, entering and paying bills, customizing forms, creating reports and graphs, tracking and paying sales tax and preparing payroll. A basic understanding of computers and accounting knowledge is recommended for this class.

### QuickBooks Online Software

This class provides instruction on QuickBooks, Intuit’s accounting software for small businesses using the online version of QuickBooks. The class is designed to teach you how to use features such as creating a company, modifying the preset chart of accounts, lists, managing expenses, products and services, sales and income, customer transactions, reconciling a checking account, invoicing customers, paying bills, inventory, reports and more. [Prerequisites: Students must have their own QuickBooks software and account.]

### Smartsheet

Smartsheet is a software that can be used to assign tasks, track project progress, manage calendars, share documents, and manage other work, using a tabular user interface. Transform your work into dynamic work with a single, flexible platform that unifies collaboration, workflows, and content management, giving everyone the ability to continuously make an impact and increase efficiency and productivity. PREREQUISITE: Students must have their own Smartsheet account and be able to log in.

## CPR, FIRST AID AND EMERGENCY SERVICES

### CPR and First Aid

During this course, you will gain knowledge and skills that may help save a life. You will learn the basics of first aid, the most common life-threatening emergencies, how to recognize them, and how to help. You will also learn how to recognize when someone needs CPR, how to call for help, and how to give CPR and use an AED (automated external defibrillator).

### CPR for Healthcare Providers

Basic Life Support (BLS) Provider Course is the foundation for saving lives after cardiac arrest. You will learn the skills of high-quality cardiopulmonary resuscitation (CPR) for victims of all ages and will practice delivery of these skills both as a single rescuer and as a member of a multi-rescuer team. This course focuses on what healthcare rescuers need to know to perform high-quality CPR in a wide variety of settings. You will also learn how to respond to choking emergencies and how to use an automated external defibrillator (AED).

## LEADERSHIP, ORGANIZATIONAL AND PROFESSIONAL DEVELOPMENT

### Admin Professionals Conference

In support and celebration of all administrative professionals LCCC is holding an Administrative Professionals Day Conference. Dynamic facilitators will provide a special day of learning. A continental breakfast and buffet lunch is included.

### Become Your Own Best Advocate

It is vital to self-advocate and create opportunities for yourself to earn promotions and achieve your goals. Learn to celebrate your strengths and minimize your weaknesses to become what you want to be and GO FOR IT!

### Bridges Out of Poverty

The effects of poverty are felt in our communities each day. This workshop introduces you to a comprehensive approach for understanding the dynamics that cause and maintain poverty from the individual to the systemic levels. Bridges Out of Poverty uses the lens of economic class and provides concrete tools and strategies for a community to prevent, reduce, and alleviate poverty.

**BTWD 0684.602** T 01:00PM-05:00PM TC 112  
Session: 1 \$99 04/25/23 Melissa Martin

### Communicating for Leadership Success

Solid communication skills are an essential leadership competency. This workshop will increase your ability to recognize situations that require leaders to communicate with their employees, understand the role of active listening, identify the best ways to convey your message, effectively communicate performance expectations, provide feedback, facilitate the learning processes, and implement strategies for communicating in times of change and uncertainty.

### Crucial Conversations

Is a conversation that you are not holding keeping you from getting the results you desire? If so, you may be avoiding a crucial conversation; a discussion between two or more people where stakes are high, opinions vary, and emotions run strong. The Crucial Conversations experience provides you with a set of tools and skills to build alignment, agreement, and interpersonal communication within your team and organization.

### De-Escalating Emotions

How do you respond to an emotionally triggered individual? Learn to recognize the early warning signs, use calming techniques, utilize proper body language, and control tone of voice to keep everyone safe during intense moments.

### DiSC Personality Assessment

People in the workplace have varied strengths and weaknesses. A team that respects and understands each other's strengths and weaknesses is vital to reducing burnout and increasing productivity. The DiSC personality assessment gives workers the tools they need to better handle conflict, manage stress, and respect differences.

### Emotional Intelligence

Emotional intelligence is one of the strongest indicators of professional success and increases personal motivation, empathy and self-awareness. Participants will learn the four components of emotional intelligence and their impact on both personal and professional success.

### Exploring the Leader in You

Effective leaders ensure goals are achieved on time, empowers employees, motivates teams, promotes solidarity, and generates visions for future growth. During this workshop, you will be introduced to the qualities of an effective leader. As a result, you will be equipped to facilitate productive meetings, engage in constructive one-on-one conversations, and build rapport among colleagues by adjusting your behavioral style to meet employees' needs.

### Generations in the Workplace

Explore the various generations in today's workplace. Discover the benefits and identify the challenges that result from an age-diverse workforce. Receive practical tools and strategies to improve workplace communication and teamwork.

### Influencing Others

Influencing goes beyond positions of power and encompasses more subtle skills like empathy and active listening; it is rooted in effective communication skills and self-understanding. Learn how to demonstrate authenticity and integrity through your interactions with others and how a strong sense of self-awareness lays the groundwork for mastering the art of influence-leading to improved working relationships and increased opportunities to see your ideas grow.

### New Supervisor Training

Transitioning from employee to supervisor is one of the biggest career moves. Embrace your new role as you are introduced to essential skills in five key areas: promoting communication, guiding work, leading the workforce, coaching employee performance, and developing self during this one-day workshop.

### Managing Customer Expectations

Unmet customer expectations are the root of negative customer experiences. Understand the three types of customer experiences, the importance of meeting customers' emotional needs, how to anticipate customer expectations, and strategies to better meet their needs.

### Unconscious Bias

We all hold biases-our brains are naturally wired to establish patterns and associations between information to inform our decision-making. We expressly acknowledge some bias, while we are less perceptive of others. Learn how to surface biases to improve equity and objectivity. Understand how unconscious bias develops, the areas of the workplace where it can have a negative impact, and how to appropriately address situations where it is present.

# REGISTER ONLINE @

## lccc.wy.edu/workforce

## Microsoft® Office Specialist (MOS) Certification Training

**\$349 Per Application (includes test voucher)**

MOS certifications are industry-recognized credentials that validate proficiency in technical skills using software applications. The Microsoft® Office Specialist exams include Word, Word Expert, Excel, Excel Expert, Access, PowerPoint, and Outlook. Students work independently, self-paced, with instructor available as needed. Call 307.778.4381 or email [dkaelin@lccc.wy.edu](mailto:dkaelin@lccc.wy.edu) for more details.



Microsoft is a trademark of the Microsoft group of companies.

“Leadership and learning are indispensable to each other.” —John F. Kennedy



# Prepare for Industry Certification Online!



## Online Career Training Programs

Our career training programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

### Features:

- **6-18 month self-paced, start anytime**
- **Textbook and materials included**
- **Prepare for industry certification**
- **Certification exam vouchers are included**
- **Student advisors provide you coaching, motivation, and career readiness support**

### Other Program Categories:

- Business and Professional
- Healthcare and Fitness
- IT and Software Development
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial

**All materials are included in the program fees. Each course has an instructor assigned to answer questions and solve student problems.**

## Laramie County Community College

### **Administrative Professional with Microsoft Office 2016 Master**

This program teaches the skills you need to become a successful administrative professional and prepares you to sit for the Microsoft Office 2016 Master Certification exams.

### **Administrative Professional with Microsoft Office Specialist 2016**

This program teaches key skills for becoming an administrative professional and prepares you to sit for the Microsoft Office Specialist Certification exams.

### **CBCS Administrative Medical Specialist with Medical Billing and Coding**

This nationally recognized program combines the Administrative Medical Specialist program with training in medical billing and coding and medical terminology to give you a competitive edge in the healthcare field.

### **CBCS Medical Billing and Coding**

This nationally recognized program combines the Medically Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

### **Professional Bookkeeping with QuickBooks Online**

Acquire the skills you need to make the most of QuickBooks Online. This course will help you understand how to get your business finances in order and save time with this powerful and useful tool. This course also serves as preparation for the certified user exam.

### **Certified Technical Writer**

Examine the field of technical writing, learn how to write within any technical writing context, and develop your own portfolio. Students will also prepare for the Certified Professional Technical Communicator exam.

### **NASM Certified Personal Trainer and Exam Preparation**

This online program will help you pass the NASM exam and earn your NASM Certified Personal Trainer certification, one of the most respected certifications in the fitness industry.

### **OMCA Email Marketing Associate**

Want to learn more about email marketing? Make the most of your company's efforts and prepare for the OMCA certification exam.

### **OMCP Search Marketing Professional**

Learn the scope of digital marketing and dive deep into Search Engine Optimization (SEO) techniques, while preparing to take the Online Marketing Certified Professional (OMCP) exam.

### **Paralegal**

This program will prepare you for success in this growing career field. You'll learn about the American legal system, how to conduct legal research and legal interviews, how to perform legal analyses, and more.

### **Pharmacy Technician**

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

To Enroll or learn more, visit or call us at:

**[www.careertraining.ed2go.com/laramieccc/](http://www.careertraining.ed2go.com/laramieccc/)**

**(307) 778-4381**

LARAMIE COUNTY COMMUNITY COLLEGE  
Outreach and Workforce Development  
**Spring 2023 Career Training**  
Certified Medical Assistant  
Certified Pharmacy Technician



CALL 307.772.7351 OR  
EMAIL [JMOYLE@LCCC.WY.EDU](mailto:jmoyle@lccc.wy.edu) FOR MORE INFORMATION  
(PARTIAL FUNDING MAY BE AVAILABLE TO QUALIFIED APPLICANTS)

Laramie County Community College  
& Visit Cheyenne

**CHEYENNE AREA**

TOURISM  
AMBASSADOR  
PROGRAM

BECOME A  
**CERTIFIED  
TOURISM  
AMBASSADOR**

MORE INFO AT [CHEYENNE.ORG/CTA](http://CHEYENNE.ORG/CTA)

## Adult Career and Education System (ACES)

ACES provides day and evening classes in Adult Education (AE), High School Equivalency Certificate (HSEC) preparation, Adult Secondary Education (ASE), and English as a Second Language (ESL). The classes are noncredit and available for residents 16 years of age or older. ACES is open fall, spring, and summer semesters.

ACES is located in the Career & Technical Building on the main LCCC campus. Call for class times, to schedule orientation, or for additional information.

### Adult Education (AE)

AE provides instruction for those students wanting to upgrade their basic reading, writing, and math literacy skills.

### High School Equivalency Certificate (HSEC) Preparation

Instruction is provided to prepare students to complete the HSEC. Classes include reading, writing, math, science, social studies, and college and career transitions. Students who are 16 or 17 years of age must complete age waiver requirements through ACES prior to taking the tests.

### Adult Secondary Education (ASE)

ASE provides instruction for students who have their high school diploma or equivalent and want to improve their basic skills to upgrade their employment opportunities or pursue further education. Classes include reading, math, writing, and college transitions.

### Career Training Opportunities Are Available

#### English as a Second Language (ESL)

This program provides opportunities for students to reach their language goals such as understanding, speaking, reading and writing the English language. Students will become more integrated into society by learning about American culture, customs and the rights and responsibilities of citizenship. The classes are designed for the non-native speaker of English.

#### Career Readiness Certificate (CRC)

Students have the opportunity to earn a CRC to demonstrate their skills and potential to employers.

#### High School Equivalency Certificate (HSEC) Testing

Individuals can choose between two different tests for their HSEC.

- ACES offers the HiSET/schedule at [hiset.ets.org](http://hiset.ets.org)
- The Exam Lab offers the GED/schedule at [ged.org](http://ged.org)

**TO REGISTER FOR CLASSES OR FOR  
MORE INFORMATION, CALL 307.637.2450**

[lccc.wy.edu/academics/services/adultEducation](http://lccc.wy.edu/academics/services/adultEducation)

These services are federally and state funded through Adult Education and Literacy Programs and the State of Wyoming, administered by the Wyoming Community College Commission.





# ANTICIPATED GRAND OPENING APRIL 2023

VISIT OUR WEBPAGE AT [LCCC.WY.EDU/MANUFACTURING](http://LCCC.WY.EDU/MANUFACTURING)  
FOR THE LATEST ON THE NEW  
MANUFACTURING TRAINING CENTER



## CDL

*Training and Certification Testing*  
*Improve your driving skills with LCCC's CDL simulator.*

Daytime and evening classes offered

**Call 307.778.4381  
for more information!**  
**[CDL@lccc.wy.edu](mailto:CDL@lccc.wy.edu)**



LARAMIE COUNTY  
COMMUNITY COLLEGE  
Cheyenne | Laramie | Online

EASTERN LARAMIE COUNTY OUTREACH CENTER, PINE BLUFFS

307.432.1678



# Eastern Laramie County Outreach Center

607 Elm Street  
Pine Bluffs, Wyoming 82082  
Pinebluffs@lccc.wy.edu  
lccc.wy.edu/easternLaramieCounty

## 307.432.1678

# Register online @ [lccc.wy.edu/enrichment](http://lccc.wy.edu/enrichment)

## LIFE ENRICHMENT

### Driver's Education

The driver's education course is a program consisting of 30 classroom hours, six hours of one-on-one driving experience and six hours of observation as set forth by the Wyoming State Department of Education. The course meets the basic requirements of the Wyoming Department of Transportation. REQUIREMENTS: (1) one parent must attend the first 1/2 hour of the first class (for those students under 18), (2) student must have their driving permit prior to registration (3) student must provide their own (insured) vehicle for the one-on-one driving portion of the class and (4) attendance is required at each class for certificate to be issued. Students who do not successfully complete the course may be eligible for additional instructional time for a fee.

<b>LIFE 8002.750</b>	T	05:30PM-08:30PM	ELCC
	F	08:00AM-04:30PM	
	Sa	08:00AM-12:00PM	
Sessions: 6	\$313	03/21/23-04/01/23	Dave Harris

### Introduction to Drawing

This introductory drawing course will teach you the basics of shape, form, light, placement, shading and terminology. By the end of the course, students will have completed a composition that will give them the basic knowledge that creates the illusion of 3-Dimensional space on a 1-Dimensional canvas. Students will need to supply their own 8X11 sketch pad.

<b>LIFE 8029.751</b>	Th	12:30PM-02:20PM	ELCC 1
Sessions: 8	\$35	03/02/23-04/27/23	Pamela Hickman

No class on March 30.

### Jazz is For Everyone

This class is focused on exploring the rich history of jazz music. Students will learn about important musicians and recordings that influenced the development of jazz from the beginning of the 20th century until present day. The goal of this class is to broaden students' perception of jazz through exploring its diverse styles and performance practices.

<b>LIFE 8030.750</b>	Th	06:30PM-08:00PM	ELCC
Sessions: 5	\$20	03/02/23-04/06/23	Logan Vanderlaan

No class March 23.

### Kids' Art

Painting can be fun! Each class will be something different but will include at least one art project completed and framed. Participants will paint using either watercolors or Quink. The participants will learn about brush strokes and the fun and beauty of art. All necessary supplies provided. Open to all participants grades K-8.

<b>LIFE 8017.750</b>	F	08:00AM-10:00AM	ELCC
Sessions: 1	\$22	02/24/23	Paulette Dunnam

Check out Page 14 for  
Adult Education and ESL classes

### Zumba

Physically active class encouraging fitness and expression through dance with focus on Latin steps including: Cumbia, Reggaeton, Salsa, Dance Hall, Merengue and others. The dances use between 3-5 different steps which are repeated throughout the song which makes it easy to follow! A great workout where you Fitbit addicts will get between 5000-7000 steps in one hour! Calories are left in sparkling droplets on the floor, the most fun you will have slaying calories! All levels welcome.

<b>LIFE 8003.751</b>	MW	05:30PM-06:30PM	ELCC GYM
Sessions: 7	\$22	02/01/23-02/27/23	Lisa Williams

No class Feb. 20.

<b>LIFE 8003.752</b>	MW	05:30PM-06:30PM	ELCC GYM
Sessions: 9	\$22	03/01/23-03/29/23	Lisa Williams

<b>LIFE 8003.753</b>	MW	05:30PM-06:30PM	ELCC GYM
Sessions: 8	\$22	04/03/23-04/26/23	Lisa Williams

No class April 10 and 12.

<b>LIFE 8003.754</b>	MW	05:30PM-06:30PM	ELCC GYM
Sessions: 9	\$22	05/01/23-05/31/23	Lisa Williams



Share Your  
passion and Teach

BONJOUR

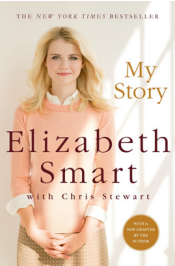
Contact the Life Enrichment office at  
307.778.1236 or [lifeEnrichment@lccc.wy.edu](mailto:lifeEnrichment@lccc.wy.edu)  
for more information





# Cultural & Community Enrichment Series

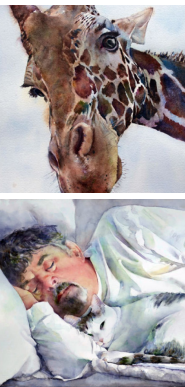
# UPCOMING EVENTS



**April 6, 2023 | DINNEEN WRITERS SERIES**

**ELIZABETH SMART: My Story**

Survivor, activist, ABC News correspondent, and founder of the Elizabeth Smart Foundation, Elizabeth Smart will visit the LCCC campus for a brunch with Wyoming advocates for sexual assault victims and survivors and will share her story at an evening talk in LCCC's Surbrugg/Prentice Auditorium.



**June 5-9, 2023 | CLAY WATERCOLOR WORKSHOP**

**KIM JOHNSON**

Internationally recognized watercolor artist and instructor Kim Johnson is the our visiting instructor for the 30th Annual Clay Watercolor Workshop. Known for her masterful use of glazes and washes, wet and dry technique, and creative use of positive and negative space, Johnson breathes life into pieces focused on human and animal subjects and experiences.

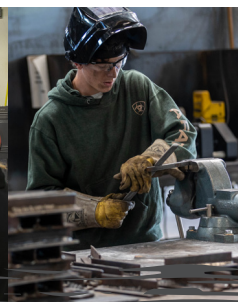
Registration opens at 9 am on February 13, 2023 online and by phone.

The Cultural & Community Enrichment Series at Laramie County Community College is a collection of ten annual events showcasing regional and international speakers, authors, artists, musicians, performers, scientists, business leaders, and other presenters at the top of their fields. These events are underwritten with endowed gifts from donors and managed by the LCCC Foundation as a part of our mission to engage our community and support LCCC. You can learn more about these funds and see a list of upcoming events at [lccc.wy.edu/culturalseries](http://lccc.wy.edu/culturalseries).



Follow us on Facebook (@lcccCCE) and at [lccc.wy.edu/culturalseries](http://lccc.wy.edu/culturalseries) for event announcements!





## AREAS OF STUDY

- Automotive
- Diesel
- Electrical
- Industrial Systems
  - HVAC
  - Plumbing
  - Facility Maintenance
- Welding
- Wind Energy

## PROGRAM LENGTH

### Credit Diploma Programs

- Complete in one or two semesters (9 months)
- Exclusively technical and "hands-on" courses

### Associates Degree

- Two-year program
- Credit for prior learning available for industry professionals

## SCHOLARSHIPS AVAILABLE

Call 307.778.4360 or  
email [svanhorn@lccc.wy.edu](mailto:svanhorn@lccc.wy.edu)



## ACTIVITIES

- Skills-USA | Compete on State and National Level

## CAREER OPTIONS

- High paying, high-demand jobs available in all program areas
- Registered apprenticeships available

**TAKE A TOUR!** [lccc.wy.edu/admissions](http://lccc.wy.edu/admissions)



# INFORMATION TECHNOLOGY

## Areas of Study

- Cybersecurity
- Datacenter
- Network Administrator
- Virtualization
- Cloud Administration
- Telecommunications
- Data Analytics

*Earn Industry Certifications  
in a number of courses*

## Activities

- NERDS
- Gaming Club

**— Scholarships Available! —**

## Come tour!

Call/Email for more information:  
307.772.7381/[wamick@lccc.wy.edu](mailto:wamick@lccc.wy.edu)





# AG&EQUINE

## Areas of Study

- Animal Science
- Ag Production
- Ag Business
- Equine Management
- Natural Resource Management

## Teams Activities

- Livestock Judging
- Livestock Show Team
- Ranch Horse Team
- IHSA Western Equestrian Team
- IHSA Hunt Seat Equestrian Team
- Rodeo

— Scholarships Available! —

## Come tour!

Call/Email for more information: 307.778.4335/kShockley@lccc.wy.edu



# Laramie County Community College Business & Accounting Pathway

## ACCOUNTING SERVICES DEGREE

### BECOME A CERTIFIED BOOKKEEPER

Students who complete an associate of applied science in accounting services will obtain all the required coursework to achieve the Certified Bookkeepers (CB) credential. With the CB designation, students can sustain careers in bookkeeping, tax preparation, clerical accounting, or office manager positions.

### WHY COMPLETE THE CERTIFIED BOOKKEEPER DESIGNATION?

- Enhanced status (list "CB" behind your name)
- More competitive in the job market
- Higher starting salary (\$19 average hourly wage)

## APPLIED MANAGEMENT DEGREE

This program is designed for students who want to pursue a leadership role in an industry of their choice, by combining management related coursework with their technical industry experience or technical education.

### WHY COMPLETE A DEGREE IN FINANCE?

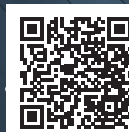
- Complete an associates or bachelor's degree, right here close to home
- Complete your degree while working full-time or raising a family
- Participate in paid internships to gain real world experience
- Program flexibility allows elective coursework in a area of interest
- Want to be a business owner? Check out our entrepreneurship program!



LARAMIE COUNTY  
COMMUNITY COLLEGE

For more information contact Jeff Shmidl [jshmidl@lccc.wy.edu](mailto:jshmidl@lccc.wy.edu)  
or 307.778.1343

[www.lccc.wy.edu](http://www.lccc.wy.edu)







# SPANISH IN WORKPLACE

CREDIT DIPLOMA

ONE-YEAR **COMPREHENSIVE** COURSE  
WITH EVENING CLASSES TO FIT INTO  
YOUR BUSY SCHEDULE.

**ENROLL TODAY!**

GO TO: [LCCC.WY.EDU/APPLY](https://lccc.wy.edu/apply)



**JOIN.  
SING.  
PLAY.**



## THE LCCC MUSIC DEPARTMENT

offers many opportunities for ensemble performance! Ensembles are welcomed to any musician who knows how to sing or play an instrument ranging from 14-100+ years of age.

Enrollment is FREE, but also available for college credit. All rehearsals run from 6:30-8:20 p.m. beginning the week of January 23. Classes have rolling admission and no preregistration is required! Simply join us in the Music Rehearsal Studio (Fine Arts 139).

### COLLEGIATE CHORALE

Mondays with Bethany Smith-Jacobs

### WIND ENSEMBLE

Tuesdays with Dr. Frank Cook

### JAZZ ENSEMBLE

Wednesdays with Dr. Frank Cook

### CHAMBER ORCHESTRA

Thursdays with John Fritz

### CHEYENNE BRASS BAND

Biweekly on Sundays with Nick Simons  
& Dr. Frank Cook





# Facility Rental at LCCC

## Facilities & Events Office 307.778.1322

Whether you are planning a meeting for 10 or an event for 300 Laramie County Community College has a facility for you. Training, meeting, and event facilities located in the Clay Pathfinder building, the Center for Conference and Institutes, and the Training Center are available to rent.

As classes and college activities allow, the College Arena, the Surbrugg Prentice Auditorium (SPA), the Recreation & Athletics Complex (RAC) large gym, and other campus facilities may be rented by community organizations or individuals. The Surbrugg Prentice Auditorium (SPA) accommodates 400 in an auditorium setting. The SPA has a large performance stage, state-of-the-art lighting, sound, and audio-visual system.

Credit and noncredit classes and college activities take precedence over community rentals.



## Let us host your next event in Cheyenne!



- Concerts
- Conferences
- Film Festivals
- Meetings
- Parties
- Plays
- Recitals
- Speakers Series
- Trainings
- Weddings

For more information about facility rental at LCCC, visit [lccc.wy.edu/about/facilities](http://lccc.wy.edu/about/facilities), or contact:

Arlene Lester-Carlson  
307.778.1291 • [alester@lccc.wy.edu](mailto:alester@lccc.wy.edu)

Melissa Gallant  
307.778.1322 • [mgallant@lccc.wy.edu](mailto:mgallant@lccc.wy.edu)

Bernadette Espinoza  
307.778.1382 • [bespinoz@lccc.wy.edu](mailto:bespinoz@lccc.wy.edu)

307.778.1322

FACILITIES & EVENTS





**LARAMIE COUNTY  
COMMUNITY COLLEGE**  
1400 E. College Drive  
Cheyenne, Wyoming 82007

**ECRWSS  
POSTAL CUSTOMER  
LOCAL**

NON-PROFIT ORG.  
U.S. POSTAGE  
PAID  
**LCCC**  
EDDM



# LCCC Life Enrichment *presents* **Spain's Classics** October 6-17, 2023

Information session: Feb. 8, 2023, 5:30 PM Center for Conferences & Institutes Room 123  
Or via Zoom call 307.778.1236 or email [LifeEnrichment@lccc.wy.edu](mailto:LifeEnrichment@lccc.wy.edu) to have a link emailed to you.

## Telehealth Coordinator Training



Starting January 17, 2023



This 16-week course provides a comprehensive review of the clinical, operational, regulatory and ethics of telehealth service delivery.

- Online Self-Paced, Weekly Instructor Check-Ins
- Basic proficiency level in Microsoft Office Suite and medical terminology recommended.

Apply online at [lccc-workforce-development.coursetorm.com](http://lccc-workforce-development.coursetorm.com)



Cost - \$999  
Grant funding may be available to qualifying businesses and organizations.  
(Apply for grants by December 2, 2022)

For More Information  
Call 307.772.7351  
or email  
[jmoye@lccc.wy.edu](mailto:jmoye@lccc.wy.edu)

## CDL TRAINING

FOR MORE  
INFORMATION

**307.432.1637**

OR

**[MGEISSLER@LCCC.WY.EDU](mailto:MGEISSLER@LCCC.WY.EDU)**

\*GRANT FUNDING  
MAY BE AVAILABLE.

- **Classes are offered year round.**
- **HAZMAT endorsements training per the new FMCSA regulations is also available.**

## MEDICAL CAREER TRAINING

FOR MORE  
INFORMATION

**307.772.7351**

OR

**[JMoye@LCCC.WY.EDU](mailto:jmoye@lccc.wy.edu)**

\*GRANT FUNDING  
MAY BE AVAILABLE.

Starting Spring  
2023

- **CLINICAL MEDICAL ASSISTANT**
- **PHARMACY TECHNICIAN**

[lccc.wy.edu/workforce/development](http://lccc.wy.edu/workforce/development)