

General Development & Guitar

For more information call Tima @ 604-523-5410 ext: 5421 or email tburgess@ufcw247.com
UFCW 247 Training and Education Centre
544 Columbia Street, New Westminster, BC V3L 1B1

Study Smarter Not Harder: With Robert

- Use the genius inside you
- Expand your memory capacity
- Energize your brain

Thursdays, March 04 – April 08, 2010 6:00-8:30pm

NOW FREE

Emergency Preparedness:

With Derek

This course is an introduction to emergency preparedness for at home or the workplace. Participants will learn how to make an emergency kit, how to hazard proof their space, and what to do in the event of a major disaster.

Everyone attending will be entered to win a Red Cross Emergency Preparedness kit
Saturday, February 27, 2010
9:30am-12:00pm

Public Speaking:

With Robert

The no. 1 fear is public speaking – so you are not alone. There are no secrets, and there is no special qualification you must possess to be an effective public speaker. But there is some learning you need to do. Learn how to overcome your fear, prepare a speech and deliver it effectively.

Tuesdays, April 27 – May 11, 2010
6:00pm-8:30pm

Emotional Freedom Techniques: With Karen

A blend of the old and the new. Learn the ancient Chinese form of acupuncture without the needles – TAPPING, a modern counseling technique.

Wednesday evenings, January 13 – February 03, 2010 6:00-8:00pm

All non certificate courses are free for all members and their families, but do require a \$25 deposit. This deposit will be returned in full as long as you attend 50% of the classes. We accept cash or cheques made payable to: "UFCW 247 Training Centre"

Courses are open to non-members, space permitting for a fee, please call for more info

Beginner Latin Guitar: With Pablo (*Children over 12 yrs old are welcome*)

Come join Pablo to learn basic guitar skills with a Latin influence.

Mondays, January 11 – February 15, 2010 6:00-7:30pm OR

Mondays, March 08 – April 19, 2010 6:00-7:30pm

Intermediate Latin Guitar: With Pablo

Wednesdays, January 13 – February 17, 2010 6:00-7:30pm OR

Wednesdays, March 10 – April 14, 2010 6:00-7:30pm

Must bring own acoustic guitar (We do have one Adult guitar available as a loaner)