

Classes for Everyone!



Workforce Training Center • 1020 Huning Ranch East Loop SW

TREE AWARENESS

Covers a wide range of information about urban trees, how they function and what we can do to support and not hinder the tree's well-being.

Thursday, March 21 / 6-7:30pm & Friday, March 22 / 2:30-4pm ~ Cost: \$35

YOGA FOR CORE STRENGTH

Yoga designed to strengthen the upper and lower body core. Release tension, increase strength and flexibility, and feel a deeper sense of self connection.

March 26 - April 17 (Tuesdays & Thursdays) 9:30-10:45am ~ Cost: \$52

SENIOR FITNESS PROGRAM

This workshop is designed to promote health, vitality, and overall well-being through a holistic approach and tailored to meet the unique needs of mature adults.

April 1 - May 14 (Mondays & Wednesdays); 8:30-9:45am ~ Cost: \$35

JEWELRY MAKING 101

A fun and fulfilling introduction to the essential techniques and materials used in crafting stunning pieces of wearable art.

March 26 - April 18 (Tuesdays & Thursdays) 6:30-7:30pm ~ Cost: \$75

INTRO TO MICROSOFT WORD

Learn how to create and edit documents, file management, navigation of, customize color themes and styles, insert tables, charts, and all the ins and out of the program.

March 25 - April 15 (Mondays) 9-11am ~ Cost: \$70



For more info, contact eileend@unm.edu or 505.925.8654

Limited space! Register at <https://tinyurl.com/yy7ws573>

