



PERSONAL ENRICHMENT | Just for Fun

Personal Enrichment

Just for Fun!

Explore the Winter Sky: Astronomy for Beginners

Presented in co-operation with the Royal Astronomical Society of Canada (RASC), St. John's Chapter.

Note: Please bring your telescope.

Transform a chilly winter evening into a magical experience by discovering the bright stars and other wonders of space that our winter night skies offer. Your guide will be an experienced stargazer from the Royal Astronomical Society, Garry Dymond. Learn to find your way around the night sky, identify winter constellations, select the best observing equipment and learn to use that equipment effectively.

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Thu., March 25 (1 class), 7 – 10 p.m. \$59. Facilitator: Garry Dymond.

Naturopathic Medicine **New!**

Discover a holistic and proactive approach to health promotion by learning more about naturopathic medicine. This workshop will provide a basic understanding of naturopathic medical practice and human physiology, in addition to outlining practical health promotion tips. Topics will include: nutrition, detoxification, immune system enhancement, stress mitigation and healthy aging. The aim of this course is to provide participants with a basic knowledge of and a proactive attitude toward health care.

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Tue., Feb. 23 – March 9 (3 classes), 7 – 9 p.m. \$89. Facilitator: Dr. Kathleen Mercer.

Personal Stress Management **New!**

Learning how to manage stress will contribute to personal well-being and a healthy lifestyle. In this workshop, explore techniques and strategies that will help you reduce stress and anxiety by: recog-

nizing your stressors and your reactions to them; how to change your negative behaviours associated with stress; how to evaluate your lifestyle and how to better care for yourself. These skills will help you manage your stress and contribute to your personal effectiveness.

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Mon., March 8 (1 class), 7 – 9 p.m. \$59. Facilitator: Carolyn Hapgood.

Photography History and Appreciation **New!**

In today's digital world, photography is an important part of everyone's lives. Did you know that picture taking only dates back to the early 1830s? This course examines the origins of photography starting from before its formal invention in 1839 up to the present day. Discover what photography has been used for in the past and today, and how that was influenced by technical, social, cultural and aesthetic developments. This workshop will include an evening at The Rooms, an exclusive guided tour featuring highlights of the Provincial Archives historical photographic collection.

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Wed., March 10– 31 (4 classes), 7 – 9 p.m. \$99. Facilitator: Edith Cuerrier.

Growing Plant Stock from Seeds

Growing your own bedding plants from seeds can be a great source of low-cost plants for your summer garden. Through presentation, demonstration, and discussion you'll learn which seeds are suitable for home growing, when to plant to be ready for the growing season and how to plant and care for your growing plant stock.

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Sun., March 7 (1 class), 1 – 4 p.m. \$49. Facilitator: Peter Dawson.

 www.mun.ca/lifelonglearning

Our friendly, helpful customer service representatives look forward to hearing from you.

Do-it-Yourself Lawn and Garden Preparation

No need to pay a lawn and garden care service this spring! At the end of this class, you will have the knowledge to prepare for a lush, weed-free lawn and healthy flowers and shrubs.

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Sun., April 11 (1 class), 1 – 4 p.m. \$49. Facilitator: Peter Dawson.

Art History, Level 1:

An Introduction to the Masters

There's something truly riveting about the great works of art. With an art historian as your guide, you'll delve into the meanings and symbolism behind the works of such brilliant artists as da Vinci, Monet and Picasso. You'll also explore the artists' motivations and the controversies that surround their genius.

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Tue., Jan. 26 – Feb. 16 (4 classes), 7 – 9:15 p.m. \$99. Facilitator: Beth Pratt.

Art History, Level 2:

A More Intimate Look at the Masters

Participate in a deeper exploration of the works created by the masters featured in level one. Discussions will include a look at how their art was influenced by social attitudes towards such things as nudity, feminism – even the larger issue of what is “real” art – and how those influences were given expression in their work.

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Tue., March 2 – 23 (4 classes), 7 – 9:15 p.m. \$99. Facilitator: Beth Pratt.

