

NEWS RELEASE

May be published when received.



September 6, 2017

603 West Park Street, Sheldon, Iowa 51201
Phone 712-324-5061 or toll free 1-800-352-4907, Ext. 105

Northwest Iowa Community College Life and Leisure Classes Starting Week of September 25

Want to learn a new hobby, improve your day-to-day life or experience a relaxing outing with friends? At Northwest Iowa Community College, we are striving to develop programming that is relevant, up-to-date, informative and FUN.

Part 1 – Coloring Techniques: Have you joined the adult coloring book craze? This part one of a two part series will explore advanced techniques for those looking to expand their coloring practice. Topics covered include advanced colored pencil techniques, color theory and selection, and exploration of different art materials. Students are asked to bring their own colored pencil set. Bring a coloring book if desired. Instructor: Holly De Grote. Holly DeGrote is a practicing artist who exhibits her work across the Midwest and specializes in abstract, acrylic painting. She has over 12 years of experience teaching college-level art classes and continuing education courses. Examples of her work can be found at www.hollydegrote.com. This course will be on three Tuesdays, September 26, October 3 and 10 from 6 -8 pm at Northwest Iowa Community College, Building A, room 122. Tuition: \$39 (Part 2 will be on November 7, 14, and 21) Call for more details.

Chair Yoga: Are you someone who prefers to avoid the getting up and down from the floor like in a traditional yoga practice? Or are you trying to take care of your hips, knees or vertigo? This chair yoga class will provide you with gentle to moderate stretching on a chair or by standing on the floor. Breathing practices and brief guided meditation will also be included for you. Students should take a yoga (sticky) mat (NOT thick foam type.) Wear clothing suitable for stretching. No yoga experience is necessary. Instructor: Mary Steinbeck. Mary is the owner/instructor of Hartley Yoga Studio in Hartley. She has been teaching yoga for ten years and is registered with the Yoga Alliance. She is currently in training for RYT500 which focuses on yoga and wellness. This course will be on Tuesdays, September 26 to October 17 from 6 - 7 pm in the General N.B. Baker Library in Sutherland, IA. Tuition: \$35.

To register for this class, call Northwest Iowa Community College at 712-324-5061 or 800-352-4907 and ask for Continuing Education.