



SPECIAL INTEREST

FALL 2025

BLS/CPR

Fridays

Sessions: September 26th, October 24th, November 14th

12:30-4:00 PM

The last day to register is one week before each class date

The goal of the BLS course is to train participants to save the lives of victims in cardiac arrest through high-quality CPR. This course will demonstrate basic lifesaving skills, rapidly recognize life-threatening emergencies, give quality chest compressions and ventilations. Basic AED usage will be demonstrated. At the end of the course participants will earn CPR certifications backed by the American Heart Association.

Instructor: Courtney Nichols

Fee: \$75

Location: Room 410, Howard Gardner Teaching Bldg.

TAI CHI

Thursdays November 6, 13, 20 & December 4, 2025

5:30-7:00 PM

The last day to register is October 30, 2025

This course is a combination of relaxing meditation and slow breathing involving upper body movements and slow circular movements and balance. Tai Chi has been known to help improve balance, alleviate pain, improve function and mobility. Other health benefits include increased concentration, stress reduction and learning how to balance the body's energy, regulate blood pressure, mobility, and other fitness needs.

Instructor: Larry Andrews

Fee: \$60

Location: Multi-Purpose Room, Career & Tech. Bldg.

Smart Phone Basics

Thursdays October 2, 9, 16, 23 & 30, 2025

5:00-6:00 PM

The last day to register is September 30, 2025

Come and learn the basic operations of powering your smart device on/off. Learn how to adjust your volume, connect to Wi-Fi, make and receive calls, utilize emails all through hands-on training and navigating. Explore different apps for communication, organization, and social media. View, manage and take exciting photos and videos, learn how to navigate and use security and safety features online and off. Personalize your permission settings and more.

Instructor: Victoria Williams

Fee: \$35

Location: Library Conference Room

To register with a credit card please call (601) 446-1204. To pay with cash or check stop by Copiah-Lincoln Community College; 11 Co-Lin Circle, Natchez MS 39120, Willie Mae Dunn Library located in the Tom Reed Academic Building. Pre-Registration is required.

If for some reason you are not satisfied with a class, you may receive a refund. No refunds will be given after the first class meeting.

Registration hours are 7:30 a.m. until 3:00 p.m. Monday-Thursday, and 7:30-11:30 on Fridays. The courses featured in this schedule do not carry credit or lead to academic degrees. If you have any questions, please call (601) 446-1103 or Email:

kimberly.grover@colin.edu

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PLEASE BE ON THE LOOK OUT FOR MORE CLASSESS THROUGHOUT THE SEMESTER!!!