



Natchez Campus - Fall 2026 Special Interest Classes

■ Ready to Master the Basics of Computers?

Technology doesn't have to be intimidating! Join our Computer Basics class, designed for beginners and anyone looking to refresh their essential computer skills. You'll learn the fundamentals needed to confidently use a computer at home, at school, or in the workplace. Whether you're just getting started or want to build your confidence, this class provides a welcoming, supportive environment to help you succeed.

Hands-on learning * Friendly instruction * No experience required

You'll learn how to:

- Navigate your computer with ease
- Browse the internet safely
- Create, save, and organize files and folders
- Use common applications
- Search for information online
- Build confidence using everyday technology

Class Information:

- Instructor: Shounda Ferguson
- Time: 5:30PM-8:00PM
- Fee: \$60
- Location: Room 311, Tom Reed Academic Bldg.
- Mondays: September 14, 21, 28 & Oct 5, 2026

Take the first step toward becoming more confident with technology. Register today and start building skills that will last a lifetime!

■ Move and Groove

Are you looking for a low-impact workout class designed to improve flexibility, balance and muscular endurance? If so, then we have the perfect class for you; come move and groove with us. Learn simple core and strength movements to tone muscles. Standing or seated activities focused on helping build stability and posture. Enjoy warm-ups and cool downs that help to get your blood flowing as well as relax your mind and body. This class is ideal for beginners, older adults, youth and anyone returning to fitness.

Friendly and safe environment* Low to moderate intensity* Light exercise

Common Exercises

- Light stretching
- Slow walking
- Chair exercise
- Light dancing
- Gentle yoga stretching

Class Information

Instructor: Samuel Whittington
Location: Multi-Purpose Room, Career Tech. Bldg.
Time: 5:00PM-7:00PM
Tuesday: September 15, 22, 29, 2026
Fee: \$40

"Healthy habits, happy life," Move and groove to a better life

■ Nourish & Flourish

Would you like to transform the way you eat, feel, and live? No more guessing what to eat, learn how to turn everyday meals into superpowers that fuel your mind, body, and soul. Train your body to master carbs, fats and proteins that help boost your energy and change your health. Learn to build healthy eating habits, overcome

afternoon slumps and form a healthy eating lifestyle. “Eat good, feel good! Choose healthy, live wealthy”

Nutrition Goals:

- Learn to read food labels
- Understand micronutrients
- Learn how to plan healthy meals
- Learn safe food preparation
- Limiting sugary and processed foods

Class Information:

Instructor: Samuel Whittington
Location: Multi-Purpose Room, Career Tech. Bldg.
Time: 5:00PM-7:00PM
Wednesday: September 16, 23 ,30, 2026
Fee: \$40

Eat healthy, Live long and stay strong! Better Food Better Mood!

■ Basic Lifesaving Skills/CPR

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.

Hands-on learning*Friendly instruction*No experience required

You'll learn how to:

- Chest compressions
- Rescue breaths
- Age covered methods
- Communication techniques
- Choking relief methods

Class Information

Instructor: Courtney Nichols
Location: Room 410 Howell Garner Bldg.
Time: 12:30 pm.-4:00 pm
Fridays: September 18, October 16, November 13,
Fee: \$75

“Every second counts, and every compression matters.”

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 any reason, you are not satisfied with a class, you may be eligible to receive a refund. No Refunds after the first-class meeting.

Registration hours are 8:00 a.m. until 3:00 p.m. Monday-Thursday, and 8:00-11:30 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

**PLEASE BE ON THE LOOK OUT
FOR MORE CLASSES THROUGHOUT THE SEMESTER!**

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