

# NASSAU COMMUNITY COLLEGE

## Continuing Education & Workforce Development

### SELF IMPROVEMENT

Participation in Zoom workshops requires the use of a device with Zoom audio/video conferencing capability.  
For questions regarding computer access, please email [ced@ncc.edu](mailto:ced@ncc.edu)

#### SELF-CARE ACUPRESSURE FOR ANXIETY AND INSOMNIA

Acupressure and acupuncture have been shown to dramatically reduce anxiety and restlessness, and to improve the quality of sleep. In this workshop you will be taught acupressure points which can greatly reduce general stress and anxiety; points for pain relief will be included as well. When we release tension and stress before bedtime, the quality of sleep will be deeper and more restful.

##### ONE-DAY WORKSHOP.

**Instructor:** Marie Regis

**CE9 581 R1 ZOOM COURSE** Meets:

Wednesday, October 27, 7:00pm-9:00pm.

**Fee: \$50**



#### HOW TO HEAL THE GUT, THYROID AND IMMUNE AXIS WITH CHINESE MEDICINE AND DIET

Do you want to have improved digestion, more energy, stop having pain and poor sleep? Learn the connections between our digestion, thyroid and low immunity of the body. Acupuncture, Chinese herbs, diet and supplements can help you heal these areas of the body and more. We will also learn how detoxification and lifestyle changes can contribute to a healthy gut, immune system and thyroid function.

##### ONE-DAY WORKSHOP.

**Instructor:** Sharon McDermott-Cozzoli

**CE9 602 R1 ZOOM COURSE** Meets:

Thursday, October 14, 7:00pm-9:00pm.

**Fee: \$50**

#### TREATMENT OF MUSCULAR PAIN AND HEADACHES WITH ACUPUNCTURE

Learn an alternative therapy to treat pain & headaches. For over 3,000 years, acupuncture, Chinese Herbs & diet have been used without unwanted side effects. A natural healing approach rather than a pharmaceutical approach will decrease pain and increase range of motion without the fear of addiction.

**Instructor:** Sharon McDermott-Cozzoli

**CE9 751 R1 ZOOM COURSE** Meets:

Thursday, 7:00pm-9:00pm.

**Starts October 21**

**Fee: \$50**



#### GUIDED MEDITATION

On a chair or on a mat in the comfort of your own home, join in for a moment of meditation. Breathe through this guided meditation to settle your thoughts and find some moments of calm. We will meditate and also have a brief chat for questions and discussion each week. Open to all levels, including first-timers. Participants should have water accessible and wear comfortable shoes.

**Instructor:** Christina M. Rau

**CE9 748 R1 ZOOM COURSE** Meets:

Sunday, 7:00pm-7:45pm for 6 sessions.

**Starts October 3**

**Fee: \$80**



#### UNMASKING YOUR TRUE SELF

During this innovative workshop, participants will learn the 6 steps of the CHOICE method to reduce stress and avoid burnout. Participants walk through the steps to uncover the most authentic version of themselves. Utilizing selfexploration tools, participants will diagnose their fears while learning how to harmonize them into positive strengths. This newfound freedom will open new opportunities and reduce daily stress.

##### TWO-DAY WORKSHOP.

**Instructor:** Thomas Marino

**CE9 755 R1 ZOOM COURSE** Meets:

Tuesday, November 9 and 16, 7:00pm-8:30pm.

**Fee: \$50**



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