



LETS TAKE A CLOSER LOOK AT ONE OF OUR.....

ONLINE COURSES

Introduction to Natural Health & Healing

Would you like to learn more about natural health but don't know where to start? If so, then this is the course for you! We'll discuss the various stages of health and illness, and you'll discover that true health means wholeness of the mind, body, and spirit. You'll start a personal health journal to evaluate your current lifestyle and observe how your behaviours can affect your health.

We'll also explore **naturopathy**, which seeks ways for the body to heal itself. You'll find out about proper breathing techniques that enhance health, and you'll learn the value of hydrotherapy, diet, biorhythms, and fasting.

We'll also examine using the power of the mind for healing the body--discussing brain function tests, visualization, and relaxation therapies. You'll see the great power of belief.

Then we'll delve into **vitamins, minerals, antioxidants, free radicals, and the basic requirements that constitute a healthy diet**. You'll be able to develop menus that improve health. We'll also look at herbal healing, aromatherapy, body therapies, massage techniques, osteopathy, chiropractic, Tai Chi, reflexology, yoga, Feng Shui, therapeutic touch, natural remedies for common emergencies, and much more.

By the end of this course, you'll have begun taking charge of your own health and healing!

This is one of our Ed2Go on-line courses
Check out more courses available on the
New England Community College website

www.gala.org.au

ONLINE COURSES

BUSINESS AND CAREERS

Business administrative assistant applications, Business planning, supervision, customer service, human resources, project management, administrative assisting, leadership, stress management, and more...

PERSONAL ENRICHMENT

Digital photography, communication skills, everyday maths, decision making, leadership skills, resume writing, goodbye to shy, speed reading, wine appreciation for beginners, investing, debt elimination, art, music, history, philosophy, drawing, outdoor survival techniques, and more...

WRITING AND LANGUAGES

Editing, grammar, technical writing, creative writing, poetry, song writing, journaling, Spanish, French, and more...

Check out our Web Site at WWW.gala.org.au
CALL US NOW FOR MORE INFORMATION



OR



OR



OR



IT'S EASY TO ENROL!

In Person or Telephone or Australia Post or Email

CANCELLATION / REFUND POLICY

If New England Community College cancels the course
all your money will be refunded;

If you cancel and give 2 days notice,
course fee less \$15 admin charge will be refunded.

No Refund once the course has started.

Minimum numbers must enrol for course to go ahead
You will be notified if course is to be cancelled.

We cannot be responsible for personal circumstances and are
unable to provide a replacement session if you miss any
sessions of your course.

Disclaimer: While all care is taken and all information is believed to
be correct at the time of printing; We recommend that readers
confirm dates, times and prices as these details may be subject to
unforeseen change.



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WALCHA COURSES AND WORKSHOPS FOR April, May & June 2010



CHEESE MAKING WORKSHOP

In an easy step-by-step session you will learn to make Camembert, Ricotta, Fetta, Quark, Cream cheeses and Yogurt. Light lunch, tutorial & samples are included.

Date: June (TBA)
Time: 10am - 4pm
Fee: \$190

LITERACY PROGRAMS FOR ADULTS

Reading/Writing/Spelling

Increase your skills in Reading, Writing & Spelling for work and improve your job prospects. Or **Work towards a nationally accredited certificate from Certificate in General Education for Adults.**

Course supported by the NSW Dept of Education & Training (DET)

Free - Contact us now for more information

BASIC COMPUTING:

This course provides an introduction to computers and is designed for a person who has never touched a computer before. Learn how to use the mouse and keyboard, basic word processing the Internet and email, come and conquer your fears with this course. Textbook Provided. The course does not cover the Apple Macintosh operating system.

Date: 4 consecutive Wednesday's beginning 5th May 12.30pm – 3.30pm
Fee: \$145

BASIC INTERNET AND EMAIL SKILLS

This short workshop is designed to give you the skills and confidence to create and send emails as well as explore the internet with confidence. We have left out all the scary technical mumbo jumbo and added in user friendly - relevant information. The course does not cover the Apple Macintosh operating system.

Date: 2 consecutive Wednesday's beginning 12th May 6pm – 8pm
Fee: \$50

BASIC COMPUTER SKILLS FOR SENIORS

You may have found yourself suddenly needing to use a computer. Perhaps you may want to order your medicine or pharmaceuticals online. You may want to be able to download the fantastic world of audio books. You may want to receive photographs of your grandchildren or children, or send them to relatives overseas. You may want to talk to your family overseas using internet telephony. No question too basic, and it's an opportunity to alleviate confusion with regard to your computer. This is a slow paced and light-hearted course. The aim is to demystify computers and let you see how they can be useful to you. The course does not cover the Apple Macintosh operating system.

Date: 4 consecutive Wednesday's beginning 5th May 9.30am – 11.30pm
Fee: \$100

SAFE FOOD HANDLING

This course is for staff who are involved in the preparation, storage, service of food & beverage. This course is the first level in a three stage process in the delivery of food handling & safety training. Personal hygiene practices underpin a range of service industry activities. They are particularly important within a food safety regime, but can also apply to housekeeping activities & anywhere where poor hygiene could provide a contamination risk. Poor hygiene practices can risk the health of customers, colleagues & self. For the purposes of food safety, this unit only has application to hospitality, commercial catering & retail venues where food is stored, prepared, displayed & served. It will apply to any venue that operates a permanent or temporary kitchen or smaller food preparation area, such as restaurants, cafes, clubs, hotels, attractions, events & conference venues, fast food restaurants, retail food outlets such as sandwich shops & food court outlets.

On the completion of this course, participants will have a basic understanding of the importance & consequences of food poisoning & food contamination & be able to practise safe food handling techniques. Students are advised of the necessity for premises to have Food Safety Plans & standard operating procedures.

National Code: SITXOHS002A Course delivered by ATAC

Date: Friday 21st of May, 9am - 3.30pm
Fee: \$90

FOOD HANDLING - STAGE TWO IMPLEMENT FOOD SAFETY PROCEDURES

For Supervisors, Team Leaders, Managers, staff who are responsible for the implementation of Food Safety. This unit describes the performance outcomes, skills & knowledge required to handle food safely during the storage, preparation, display, service & disposal of food within a range of service Industry operations. It requires the ability to follow pre-determined procedures as outlined in an organisation food safety program.

National Code: SITXFSA001A Course delivered by ATAC

Date: Monday 17th of May, 9am - 3.30pm
Fee: \$115

FOOD HANDLING - STAGE THREE DEVELOP & IMPLEMENT FOOD SAFETY PLAN

For Business Managers, Owners, Supervisors - People in control of a venue where food is served or prepared.

This unit describes the performance outcomes, skills & knowledge required to develop, implement & evaluate a food safety program for arrange of service industry operations where food is stored, prepared, displayed, served & disposed of. It requires the ability to determine the specific program requirements for an organisation & prepare policies & procedures for other personnel to follow.

National Code: SITXFSA002A Course delivered by ATAC

Date: Tuesday 18th of May, 9am - 3.30pm
Fee: \$145

FIRST AID

Gain a sound understanding and working knowledge of first aid procedures. A VETAB and WorkCover accredited course where you work at home on the theory (with a workbook) and cover the practical and do the assessment in class. Certificate is valid for three years.

Date: Contact us for dates in Apr, May & June.
Fee: \$140

OH&S CONSTRUCTION INDUCTION

This is a NSW WorkCover certificate and card, it is for persons working on, or intending to work on construction sites. The course aims are to familiarise participants with the basic principles of health and safety in the construction industry. (1x6hr) Delivered by Allens Training - a WorkCover NSW approved Registered Training Organisation.

Date: Contact us for dates in Apr, May & June.

Fee: \$135 (includes WorkCover Cert. & Card Fee of \$20)

TRAFFIC CONTROL- BLUE CARD - Stop/Slow

Pre requisite: Current OHS Green Card, all Traffic Controllers in New South Wales working on road work operations or those working within the reserve of public roads must have or held Green Ps or above drivers licence or a Current Traffic Controllers Ticket. Course delivered by ATAC Trainer: Geoff Tall, RTA Licensed Trainer

Date: Monday 10th May, 9am - 5pm
Fee: \$150

DEAL WITH CONFLICT SITUATIONS

Assist staff to identify potential for conflict quickly; have a knowledge of how to avoid or deal with situations where personal safety maybe threatened; learn how to use effective communication strategies
Course delivered by ATAC National Code: SITXCOM003A

Date: Monday 21st of June, 9am - 3.30pm
Fee: \$105

COFFEE SERVICE, ESPRESSO

Extract and serve espresso coffee using a commercial espresso machine, including cleaning, care and maintenance of the machine.

Course delivered by ATAC Unit: SITHFAB012A

Date: Monday 07th of June, 9am - 4pm
Fee: \$110

RESPONSIBLE SERVICE OF ALCOHOL (RSA)

National Code: THHBFB09B - Provide responsible service of alcohol from THH02 Hospitality Training Package. Course is LAB approved and meets DGR requirements. Course delivered by ATAC

Date: Monday 31th of May, 9am - 4pm
Fee: \$90

RESPONSIBLE CONDUCT OF GAMBLING (RCG)

National Code: SITHGAM006A - Provide responsible gambling services from SIT07 Training Package. Course is LAB approved and meets DGR requirements. Course delivered by ATAC

Date: Tuesday 01st of June, 9am - 4pm
Fee: \$90