Ossining Extension Center

Arcadian Shopping Center, Route 9
Ossining, NY 10562
914-606-7400
www.sunywcc.edu/Ossining
ESSENTIAL OILS AND NATURAL HAND SOAP

Essential oils are concentrated plant essences with powerful antiseptic, antiviral and antibacterial properties and can be used as a natural hand soap. Students will get an overview of the history and common practice of essential oil use in the USA and Europe. Students will be able to blend their own personal hand soap from five presented essential oils and every participant will go home with their individually scented products.

1 Mon., Sept. 15, 5:00-8:00 pm
$50 (+ $15 materials fee, payable to instructor)

STRENGTHENING THE IMMUNE SYSTEM WITH ESSENTIAL OILS

Your immune system and health can be strengthened and supported with natural remedies. Using information from this class, students will be able to address some discomforts such as the common cold, nasal congestion, coughs and sluggish lymphatic system. Students will create their own personal blend of essential oils and Himalayan pink salt from seven presented essential oils. Every participant will go home with their individually scented product.

1 Mon., Sept. 22, 5:00-8:00 pm
$50 (+ $15 materials fee, payable to instructor)

COMPLEMENTARY BREAST HEALTH AND MASSAGE

Get more insight into the anatomy and functioning of the female breast and learn simple remedies to support the health of your breasts. Course includes instruction of breast self-massage through clothing. This class is for women who have not had any lymph nodes removed or radiation treatment as part of breast cancer treatment.

1 Mon., Sept. 29, 5:00-8:00 pm
$50 (+ $15 materials fee, payable to instructor)

Register for any two classes (Essential Oils and Natural Hand Soap, Strengthening the Immune System or Complementary Breast Health) and receive a $5 discount for each class.

Savings will reflect when your course fees are calculated after enrolling.

VISUALIZE COMFORT: PAIN MANAGEMENT AND THE UNCONSCIOUS MIND

This class will help you understand how pain works in your body and how to teach yourself to manage it by thinking differently. Learn how language, emotions, and thoughts influence your nervous system so that you can begin to re-wire your body’s innate ability to heal.

3 Sat., Oct. 4-Oct. 18, 12:00 noon-2:00 pm
$80

PALEO NUTRITION

This course will give you understanding into the history and nutritional benefits of eating like a “cave man.” Students will learn how this lifestyle will benefit inflammation and chronic disease. Students will also make a personal Paleo meal plan.

5 Mon., Oct. 6-Dec. 8, 6:00-8:00 pm,
$125

LIVING HEALTHY WITH GREEN MEDICINE

Got herbs? This course will give participants a comprehensive overview of the many herbs used for medicinal purposes. Students will learn have to develop herbal treatments for illnesses relating to each body system and how to prevent illness, promote vitality and maintain balance in the body through the use of herbs.

6 Wed., Sept. 10-Oct. 15, 6:00-8:00pm,
$145

For more information about non-credit healthcare programs, please call 914-606-7400.

Healthcare Counseling: Thursday 1:00-3:30PM
Academic Counseling: Wednesdays 5:30-7:30pm
APPLICATION

Section I. Personal Information

Name: 

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Address:

Home Phone: 

Cell Phone:

Email: 

Social Security Number

Date of Birth: 

MM/DD/YYYY

Are you a U.S. Citizen? 

☑ Yes ☐ No 

Do you have a permanent resident card? 

☐ Yes ☐ No 

Authorization to work or stamped passport? 

☐ Yes ☐ No

Section II. Course Selection

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<tr>
<th>Course Number</th>
<th>Course Title</th>
<th>Start Date</th>
<th>Tuition</th>
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Fees: $5.00 Registration and $3.25 FSA

Total Tuition

Section III. Payment Method (Tuition must be paid in full before course begins.)

☐ Check or Money Order (Payable to Westchester Community College)

☐ Please charge my credit card (Visa, MasterCard, Discover)

Card Number: 

Expiration Date: 

Signature: 

Date: 

Refunds

- For requests received at least 2 business days prior to the start of the class: 100% refund. No refunds will be issued after this time.
- All refund requests must be made to the college in writing or emailed to continuinged@sunywcc.edu. If you paid by check, please allow 6-8 weeks for your refund to be processed. Credit card refunds are processed immediately

How did you hear about the program?

☐ Website

☐ Mail

☐ Newspaper/Magazine

☐ Word of Mouth

☐ Other 

Applicant’s Signature

I certify that the information provided on this application is complete and accurate in every respect. I understand that falsifying any part of this application may result in the cancellation of my admission from the program. I am aware that the fees associated with registration are non-refundable.

Signature of Applicant: 

Date: 

Admission is based on the availability of space and qualifications of the applicant. Westchester Community College adheres to the policy that no person on the basis of race, color, creed, national origin, age, gender, sexual orientation or handicap is excluded from, or is subject to, discrimination in any program or activity.