



## **NEW** Beauty Boot Camp

Are you tired of looking tired? Are you disgusted with changes in your body? Are you depressed whenever you open your closet doors? Are you too busy to take care of yourself and your wardrobe? Do you need to refresh, restyle and renovate your life? If you answered 'yes' to any of these questions, Beauty Boot Camp is for YOU! Light dinner included in cost of class.

*This is the most complete and comprehensive course that image coach, Jill Swanson, has ever offered a group before. She will supply all the ammunition you need to battle beauty fatigue, and transform you from a "before" to a stunning "after."*

### **This class will include:**

- ◆ 10 tips to look 10 years younger
- ◆ Makeup made EASY and affordable
- ◆ Instructions for a fast and efficient "Closet Makeover"
- ◆ Knowledge on how to save 50% on future wardrobe investments
- ◆ Clothing tricks to make you look 10 pounds thinner
- ◆ 4 Magical color swatches - specifically
- ◆ Ideas on how to make outfits from the pieces in your wardrobe
- ◆ Tips on what NOT to wear
- ◆ Attitude adjustments for inner beauty
- ◆ Coaching on accessory know-how made easy
- ◆ 3 Simple Steps to help you achieve any goal
- ◆ A "Wardrobe Strategy Workbook" to carry out your orders!
- ◆ and Door Prizes!

1650.300

1 Session  
6-9:30 pm

Thu  
\$49

Apr 19  
WBDC Community Room



## NEW International Travel Safety

Are you planning a vacation outside the U.S.? Will it be done safely? This course will cover how to dress, act in public, where to sit on a bus and plane in order to minimize yourself to crime and other threatening situations.

*Mark Dugger is a retired U.S. Army Colonel, experienced in counter-terrorism and counter-intelligence operations. He is a professor who teaches classes related to safety for Embry-Riddle Aeronautical University for Intelligence.*

1626.300	1 Session	Thu
	Apr 19	6:30-8:30 pm
	\$19	WBNC 116

## Ancient Egypt: The Ptolemies-Last Pharaohs

The glory and splendor of Egypt had one last opportunity to serve as a shining light to the world. This would take place following its conquest by Alexander the Great. His general, Ptolemy I, would forge a new dynasty that would last 300 years.

Egypt would regain her prestige as a leader in Mediterranean affairs and play a major role in re-shaping the nature of the biblical world. However, its last ruler, Cleopatra VII, would be seduced by the power of Rome. Explore the last dynasty of Pharaohs. Fee includes a Middle Eastern lunch.

1635.200	1 Session	Sat
	Apr 28	9 am-2 pm
	\$25	
	ISD 622 District Center	
	2520 East 12th Ave, Maplewood	

## Senior Tour of Homes

Enjoy a pleasant day of fun and information gathering while exploring the safety, amenities and comforts available in nearby senior living communities. Visit a variety of options including independent, assisted and memory care.

By knowing your options you can maintain independence and control your choice of homes as you age. Meet at the Normandy Park Senior Center on County Road F and Bellaire.

1605.300	1 Session	Sat
	May 19	9 am-2:30 pm
	\$9	Senior Center





## What to Expect Before You're Expecting

Considering having children? Learn how to prepare for a healthy pregnancy by discussing vitamins, supplements, what is normal and what to do when you find out you're pregnant. Have all your questions asked by an experienced doctor. A significant other may attend with one paid participant.

*Danielle Perry, MD, is a holistic family physician at Synergy Family Physicians in White Bear Lake, who delivers babies at St. John's Hospital.*

1310.300 1 Session Tue  
Apr 24 7-9 pm  
\$19 WBDC 210

## Divorce and Separation

If you or someone you know is contemplating divorce, you may have questions. This session will help educate you about your options when contemplating transitions in your family. You will learn basic legal issues in divorce and the various processes available, including litigation, mediation, and collaborative law.

*Kimberly Miller, J.D. M.A., is an experienced attorney and mediator known for her ability to resolve challenging family issues without resort to aggressive legal strategies that may damage vital family relationships.*

1602.300 1 Session Wed  
May 2 6:30-8:30 pm  
\$25 WBSC 302

## NEW Go Solar!

### How to Build a Personal Solar System

Want to go solar the simple and affordable way? Discover how to build a Personal Solar Station for your home, cabin, or RV. Use your personal solar station to run kitchen appliances, lights for the shed, or just about anything else.

When you finish this class you will know the basics of solar energy and electricity plus the step-by-step directions and the equipment necessary to complete this project. Premade solar kits are available by the instructors but they are optional.

1620.300 1 Session Thu  
May 3 6:30-9 pm  
\$25  
ISD 622 District Center  
2520 East 12th Ave, Maplewood

## NEW The Last Keeper at Split Rock Lighthouse

Mike Roberts turned off the light at the Split Rock Lighthouse at the end of the 1968-69 shipping season. Little did he know that the light would never shine again for the mariners of this iconic Lake Superior National Landmark.

Mike will enthrall you with the stories from his U.S. Coast Guard experience, personal search and rescue stories, and the sinking of the Edmund Fitzgerald in November of 1975.

*Mike Roberts was the last keeper at the Split Rock Lighthouse and is now an author.*

1610.300 1 Session Wed  
Apr 25 6:30-8 pm  
\$15  
WBDC Community Room