

Personal Growth

Title	Presenter	Description
What Happened to the Picket Fence?	<i>Nicole Holland</i>	Did you dream your life would be nothing less than perfect? A beautiful family, nice car, money, and a cute house with a picket fence...
The Power of the Mind	<i>Renon & Craig Hulet</i>	We use art as an analogy of how our subconscious mind can direct and influence our conscious actions to create the beautiful life we envision. Participants create their own paintings as a reminder of what they have learned.
Designing Your Key to Fascinating Womanhood	<i>Susan Honey</i>	Design the key to your ultimate happiness, by learning to live in harmony with the immutable laws that govern femininity, inner peace, and radiant health, unlocking the door to the abundant life of fascinating womanhood.
The Art of Blogging	<i>Kim Willoughby</i>	A hands-on experience: Learn the basics of blogging, which is an online journal that can be used to document your everyday life or major milestones.

Home and Family

Title	Presenter	Description
Simple Simplicity	<i>Patricia Richins</i>	A simple plan that will motivate you to de-clutter and organize your homes.
Developing Capable People	<i>Kathy Meyer</i>	Seven builders and barriers to developing trust through dignity and respect, assisting parents raising self-reliant children in a self indulgent world, as well as benefiting all social interactions.
Positive Discipline	<i>Eleanor Seely</i>	A guide for parents to help their children develop self-discipline, responsibility, cooperation, and problem-solving skills.
Budgeting Simplified	<i>Roger Carter</i>	We will identify how to establish basic personal and family budgeting principles in as simple and effortless way as possible.
Patterns of a Positive Marriage	<i>Deanna Gallagher</i>	Learn about patterns of interaction that can be harmful to a marriage, and find out some tools that can be used to alter those patterns into positive interactions.
Stampin' Up: Make-N-Take	<i>Sasha Avant</i>	Learn some new techniques while making a card that you can take home with you.

Health

Title	Presenter	Description
Project: Stand Up	<i>Brad Behle</i>	Standing Up for Health, Healing and Happiness: Five important keys to improving both our physical and mental health.
Stress Kills- Stress Skills	<i>Teri Koenig & Patrick Sapio</i>	Identify stressors in your life, and then discover the skills you need to deal with them. Stress management can save your life!
Five Simple Dietary Changes to Improve Health	<i>Kathryn & Michael Sharp</i>	This class will outline five easy changes in how we eat that can help us feel better and have more energy.

Culinary

Title	Presenter	Description
30 Meals in One Day	<i>Deanna Buxton</i>	Conquer the never ending quest to put dinner on the table. With meals in your freezer you can always say, "Dinner is Ready!"
Bread Making- Artisan and Typical Yeast Breads	<i>Heather Wood</i>	How to make artisan bread and typical yeast breads with dough variations and samples.