

# What Would You Like to Learn About in ONLY 60 Minutes?



*Home Improvement*



*Cooking*



*Computers*



*Small Business Essentials*



*Personal Finance*



*Health & Beauty*

# 60 MINUTE UNIVERSITY

Fall Classes begin  
Oct. 12<sup>th</sup> – Dec. 18<sup>th</sup>, 2009



*Personal Growth*



*Hobbies & Fun*

**Locations:**

**La Quinta Resort & Club and Miramonte Resort & Spa**

[www.60minuteuniversity.com](http://www.60minuteuniversity.com)

760-779-9000





# Information and Registration For the 60 Minute University



## **Who can Attend?**

The entire Coachella Valley community is invited to attend an **UNLIMITED** number of over 100 Quick and Inexpensive 1-hour Classes for a low fee of **ONLY \$69 or simply pay \$10 per class. That's RIGHT! Only \$69 for ALL OF THE CLASSES.**

## **What is the 60 Minute University?**

Over 100 Quick and Inexpensive 1-Hour classes offered to the entire Coachella Valley community on topics including: Cooking, Pets, Crafts, Photography, Home Improvement, Computers, Self-Help, Small Business, Beauty and much more. In addition, participants will receive **Giveaways, Prizes, Discounts, Handouts, Samples** and much more from each of the hotels and speakers.

## **When are the Classes held?**

Classes begin Monday, October 12<sup>th</sup>, 2009 and runs through Friday, December 18<sup>th</sup>, 2009. Class times are Monday through Friday, 9am, 2pm and 4pm. Pick and choose which classes you would like to attend.

## **Where are the Classes held?**

Classes are held at the beautiful **La Quinta Resort and Club**, 49-499 Eisenhower Drive in La Quinta AND fabulous **Miramonte Resort & Spa**, 45-000 Indian Wells Lane in Indian Wells. In addition, before or after a class, treat yourself to a breakfast, lunch or dinner at one of their wonderful restaurants. Specials discounts are available throughout the Fall session.

## **Cost to Attend?**

A **\$69 Fee** allows you to take an **UNLIMITED** number of classes or you can choose to simply pay **\$10 per class**.

## **Cancellation Policy**

As a courtesy service to our speakers, we ask that you contact us by phone or email that you will not be attending a class at least 24 hours in Advance.

## **How to Register**

1. Fill out the Registration Form.
2. Look through the catalog and select the classes you wish to attend. Make sure you place your name, email address and phone number on each page.
3. You can submit the Registration Form including the Selected Classes by:

**PHONE:** 760-779-9000

**FAX:** 760-863-0238

**MAIL:** PO Box 10541, Palm Desert, CA 92255

**EMAIL:** [pam@60minuteuniversity.com](mailto:pam@60minuteuniversity.com)

**WEBSITE:** [www.60minuteuniversity.com](http://www.60minuteuniversity.com)



# Registration Form

**First Name:** \_\_\_\_\_ **Last Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

**Phone #:** \_\_\_\_\_ **Email Address:** \_\_\_\_\_

*I would like to register for the following:*

**\$69 UNLIMITED NUMBER OF CLASSES** or  **\$10 per class** X \_\_\_\_\_ (**# of Classes**) = \$ \_\_\_\_\_ **Total Due**

**Payment Type:** Visa MC AMEX Discover Check (*Payable to Pam Maloof, 60 Minute University*)

**CC #:** \_\_\_\_\_

**Exp. Date:** \_\_\_\_\_ **GSV #:** \_\_\_\_\_ **How Did You Hear About Us?** \_\_\_\_\_



**Please submit your registration form by:**

**PHONE:** 760-779-9000

**FAX:** 760-863-0238

**EMAIL:** [pam@60minuteuniversity.com](mailto:pam@60minuteuniversity.com)

**WEBSITE:** [www.60minuteuniversity.com](http://www.60minuteuniversity.com)

**MAIL:** PO Box 10541, Palm Desert, CA 92255

First Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### COMPUTERS

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	M	Oct. 12	2PM	LQ	Capra A	<b>AnyBody Can Enjoy Computers, Basics 101</b>	by ComputerTutor
<input type="checkbox"/>	M	Oct. 19	2PM	LQ	Capra B	<b>Keeping Your Kids &amp; Grandkids Safe on the Internet</b>	by Christopher's Clubhouse
<input type="checkbox"/>	M	Oct. 26	2PM	LQ	Capra A	<b>Websites are OUT! Blogs are In!</b>	by Computerworks, Inc.
<input type="checkbox"/>	W	Nov. 4	2PM	MIR	Tuscany II	<b>Buy and Sell Anything on Ebay</b>	by Computerworks, Inc.
<input type="checkbox"/>	F	Nov. 6	9AM	MIR	Tuscany II	<b>Computer Confidence</b>	by ComputerTutor
<input type="checkbox"/>	T	Dec. 1	9AM	MIR	Tuscany II	<b>Twitter and Facebook Explained</b>	by Computerworks, Inc.
<input type="checkbox"/>	F	Dec. 11	2PM	LQ	Fiesta 4	<b>How to Buy Tech Toys for the Holidays</b>	by Computerworks, Inc.
<input type="checkbox"/>	F	Dec. 18	2PM	LQ	Fiesta 4	<b>Computer Clutter's Last Stand</b>	by ComputerTutor
<input type="checkbox"/>	F	Dec. 18	4PM	LQ	Fiesta 4	<b>Keeping Your Kids &amp; Grandkids Safe on the Internet</b>	by Christopher's Clubhouse

### COOKING

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	W	Oct. 14	4PM	LQ	Capra A	<b>A New Way to Cook</b>	by Dream Dinners
<input type="checkbox"/>	Th	Oct. 15	4PM	LQ	Capra A	<b>Wines that Match Your Taste</b>	by Winewomen psp
<input type="checkbox"/>	F	Oct. 23	9AM	MIR	Tuscany II	<b>Great Kitchen Gadgets you Can't Live Without</b>	by Kitchen Kitchen
<input type="checkbox"/>	F	Oct. 23	2PM	LQ	Capra B	<b>Hot Date Meals</b>	by Desert Cities Catering
<input type="checkbox"/>	Th	Oct. 29	4PM	LQ	Capra A	<b>Secrets of Mediterranean Cooking</b>	by Oasis Catering
<input type="checkbox"/>	T	Nov. 3	4PM	MIR	Tuscany II	<b>Diabetic Meals Made Easy</b>	by Dream Dinners
<input type="checkbox"/>	F	Nov. 6	2PM	MIR	Tuscany II	<b>Chocolate IS Better than Sex</b>	by BTS Chocolates by Ali
<input type="checkbox"/>	W	Nov. 11	4PM	MIR	Tuscany II	<b>What's for Dinner When You're on a Diet</b>	by Desert Cities Catering
<input type="checkbox"/>	T	Nov. 17	4PM	LQ	Capra E	<b>Wine for Thanksgiving and the Holidays</b>	by Winewomen psp
<input type="checkbox"/>	T	Dec. 1	2PM	MIR	Tuscany II	<b>Cooking Demo</b>	by Chef Robert Nyerick, Miramonte
<input type="checkbox"/>	M	Dec. 7	2PM	LQ	Fiesta 4	<b>Making Holiday Chocolates</b>	by BTS Chocolates by Ali
<input type="checkbox"/>	W	Dec. 9	9AM	MIR	Tuscany II	<b>The Best Holiday Gift Ideas for the Kitchen</b>	by Kitchen Kitchen
<input type="checkbox"/>	Th	Dec. 10	4PM	LQ	Fiesta 4	<b>Holiday Meals Made Easy</b>	by Dream Dinners
<input type="checkbox"/>	T	Dec. 15	4PM	LQ	Fiesta 4	<b>Holiday Appetizers</b>	by Desert Cities Catering

Legend: Mir = Miramonte Resort  
LQ = La Quinta Resort

Register for Classes by: **PHONE:** 760-779-9000 **FAX:** 760-863-0238  
**EMAIL:** pam@60minuteuniversity.com **WEBSITE:** www.60minuteuniversity.com

First Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### HOBBIES & FUN

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	M	Oct. 12	4PM	LQ	Capra A	<b>Simple Scrapbooking Online</b>	by Pam Golden & Assoc.
<input type="checkbox"/>	T	Oct. 20	4PM	LQ	Capra B	<b>Dog Treats and Training Tips</b>	by Lucky Puppy Pet Food/Dream Dog
<input type="checkbox"/>	T	Oct. 27	4PM	LQ	Capra A	<b>Fall &amp; Specialty Centerpieces</b>	by Angel's Crossing Floral
<input type="checkbox"/>	W	Oct. 28	2PM	LQ	Capra A	<b>Lower Your Golf Score through Putting</b>	by Pam's Tennis/Golf on Wheels
<input type="checkbox"/>	Th	Nov. 5	4PM	MIR	Tuscany II	<b>Train ANY Dog and Feed it Well</b>	by Lucky Puppy Pet Food /Dream Dog
<input type="checkbox"/>	T	Nov. 10	9AM	MIR	Tuscany II	<b>Spark Your Creativity through Music</b>	by Bill Protzmann
<input type="checkbox"/>	Th	Nov. 12	9AM	MIR	Tuscany II	<b>Create Lifelike Silk Arrangements</b>	by Angels Crossing Floral
<input type="checkbox"/>	Th	Nov. 12	2PM	MIR	Tuscany II	<b>Simple Scrapbooking Online</b>	by Pam Golden & Assoc.
<input type="checkbox"/>	F	Nov. 13	9AM	MIR	Tuscany II	<b>Holiday Entertaining &amp; Turkey Tips</b>	by Just Boni @ Home
<input type="checkbox"/>	M	Nov. 16	9AM	MIR	Tuscany II	<b>Children's Photography</b>	by Sebastian Hoffman
<input type="checkbox"/>	Th	Dec. 3	9AM	MIR	Tuscany II	<b>Stocking Stuffers and Holidays Gift Ideas</b>	by Just Boni @ Home
<input type="checkbox"/>	F	Dec. 4	2PM	MIR	Tuscany II	<b>Putting Tips and Tricks</b>	by Pam's Tennis/Golf on Wheels
<input type="checkbox"/>	T	Dec. 8	4PM	LQ	Fiesta 4	<b>Fundamentals of Landscape Photography</b>	by Sebastian Hoffman
<input type="checkbox"/>	W	Dec. 9	2PM	LQ	Fiesta 4	<b>Making Christmas Wreaths &amp; Décor</b>	by Angels Crossing Floral

### FINANCE

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	F	Oct. 16	4PM	LQ	Capra A	<b>Living Benefits of Permanent Life Insurance</b>	by Mike Murrell of State Farm
<input type="checkbox"/>	W	Oct. 21	9AM	MIR	Tuscany II	<b>Affordable Legal Access When You Need It</b>	by Prepaid Legal
<input type="checkbox"/>	Th	Oct. 22	9AM	MIR	Tuscany II	<b>How to Plan Your Estate</b>	by Barton Law Firm, Inc.
<input type="checkbox"/>	M	Oct. 26	9AM	MIR	Tuscany II	<b>Long Term Care Insurance</b>	by Mike Murrell of State Farm
<input type="checkbox"/>	M	Nov. 2	4PM	MIR	Tuscany II	<b>Year End Tax Planning Strategies</b>	by CB Wealth Management
<input type="checkbox"/>	M	Nov. 9	9AM	MIR	Tuscany II	<b>Estate Trusts and Probate Planning</b>	by Law Offices of Julia E. Burt
<input type="checkbox"/>	M	Nov. 16	2PM	LQ	Capra E	<b>Prepare for Identity Theft</b>	by Prepaid Legal
<input type="checkbox"/>	T	Nov. 17	2PM	LQ	Capra E	<b>7 Secrets to Choosing Auto Insurance</b>	by Mike Murrell of State Farm
<input type="checkbox"/>	W	Dec. 2	4PM	MIR	Tuscany II	<b>Condo Insurance</b>	by Mike Murrell of State Farm
<input type="checkbox"/>	F	Dec. 4	4PM	MIR	Tuscany II	<b>How to Avoid Identity Scams</b>	by Prepaid Legal
<input type="checkbox"/>	T	Dec. 8	2PM	LQ	Fiesta 4	<b>Investing Keys to Success for Women</b>	by CB Wealth Management
<input type="checkbox"/>	Th	Dec. 17	2PM	LQ	Fiesta 4	<b>Understanding Medicare Supplements</b>	by Mike Murrell of State Farm

Legend: Mir = Miramonte Resort  
LQ = La Quinta Resort

Register for Classes by: **PHONE:** 760-779-9000 **FAX:** 760-863-0238  
**EMAIL:** pam@60minuteuniversity.com **WEBSITE:** www.60minuteuniversity.com

First Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**HEALTH & BEAUTY**

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	T	Oct. 13	9AM	MIR	Venetian	<b>Laughter Exercises &amp; Gentle Stretching</b>	by Laughter4Life.org
<input type="checkbox"/>	T	Oct. 13	2PM	LQ	Capra A	<b>Happy Hormones</b>	by Dr. Rhonda Lyons, ND
<input type="checkbox"/>	Th	Oct. 15	9AM	MIR	Tuscany II	<b>Tips to Succeed with Alzheimer's/Dementia in your Family</b>	by alz Life Matters
<input type="checkbox"/>	F	Oct. 16	2PM	LQ	Capra A	<b>Massage for Mind and Body</b>	by Spa La Quinta, La Quinta Resort and Club
<input type="checkbox"/>	M	Oct. 19	4PM	LQ	Capra B	<b>Hair Styles for the Desert</b>	by Alankara Salon
<input type="checkbox"/>	F	Oct. 23	4PM	LQ	Capra B	<b>Latest Advancements in Knee and Hip Replacement</b>	by Eisenhower Desert Orthopedic Ctr
<input type="checkbox"/>	T	Oct. 27	9AM	MIR	Tuscany II	<b>5 Keys to Weight Loss</b>	by Dr. Naota Hashimoto, DC, BS
<input type="checkbox"/>	W	Oct. 28	9AM	MIR	Tuscany II	<b>Facials that Relax, Fill and Lift Your Holidays</b>	by The Cosbar at El Paseo
<input type="checkbox"/>	Th	Oct. 29	9AM	MIR	Tuscany II	<b>Desert Lifestyle: Tips and Tricks with Makeup</b>	by Kanvis
<input type="checkbox"/>	F	Nov. 6	4PM	MIR	Tuscany II	<b>Holiday Eye Makeup</b>	by Kanvis
<input type="checkbox"/>	M	Nov. 9	4PM	MIR	Tuscany II	<b>Improve Your Sex and Golf Game</b>	by Dr. Rhonda Lyons, ND
<input type="checkbox"/>	T	Nov. 10	2PM	MIR	Tuscany II	<b>India's Oldest Form of Healing...Ayurvedic</b>	by The Well Luxury Spa @ Miramonte Resort & Spa
<input type="checkbox"/>	W	Nov. 11	9AM	MIR	Tuscany II	<b>Choose &amp; Wear Jewelry to Look Your Absolute Best</b>	by Libertine Jewelers
<input type="checkbox"/>	Th	Nov. 12	4PM	MIR	Tuscany II	<b>Understanding Acupuncture</b>	by Dr. Nora Coleman, DC, LAc
<input type="checkbox"/>	F	Nov. 13	4PM	MIR	Tuscany II	<b>How to Stay Healthy as an Active Senior</b>	by Eisenhower Desert Orthopedic Ctr
<input type="checkbox"/>	M	Nov. 16	4PM	LQ	Capra E	<b>Achieve Radiant Healthy Skin</b>	by Spa La Quinta, La Quinta Resort and Club
<input type="checkbox"/>	T	Nov. 17	9AM	MIR	Tuscany II	<b>Balancing Hormones Naturally</b>	by Dr. Naota Hashimoto, DC, BS
<input type="checkbox"/>	W	Nov. 18	4PM	LQ	Capra E	<b>Myths &amp; Misconceptions: Non-Surgical Skin Treatments</b>	by Richard M. Foxx MD
<input type="checkbox"/>	Th	Nov. 19	4PM	LQ	Capra E	<b>How to Pack Your Cosmetics/Skincare for Holiday Travel</b>	by The Cosbar at El Paseo
<input type="checkbox"/>	M	Nov. 30	2PM	MIR	Tuscany II	<b>Tips for Caregivers Living with Alzheimer's/Dementia</b>	by alz Life Matters
<input type="checkbox"/>	W	Dec. 2	9AM	MIR	Tuscany II	<b>How to Talk to Your Doctor</b>	by Matilde Parente, M.D.
<input type="checkbox"/>	Th	Dec. 3	4PM	MIR	Tuscany II	<b>Titlest Golf Fitness Program</b>	by Dr. Naota Hashimoto, DC, BS
<input type="checkbox"/>	F	Dec. 4	9AM	MIR	Tuscany II	<b>Aromatherapy 101</b>	by The Well Luxury Spa @ Miramonte Resort & Spa
<input type="checkbox"/>	M	Dec. 7	9AM	MIR	Tuscany II	<b>Overcome Fear &amp; Depression with Hormones</b>	by Dr. Rhonda Lyons, ND
<input type="checkbox"/>	T	Dec. 8	9AM	MIR	Tuscany II	<b>How to Shop for Others and Treat Yourself Too!</b>	by The Cosbar at El Paseo
<input type="checkbox"/>	W	Dec. 9	4PM	LQ	Fiesta 4	<b>Recovery in the Brain</b>	by Lois Kahn-Feurer, Ph.D.
<input type="checkbox"/>	Th	Dec. 10	2PM	LQ	Fiesta 4	<b>New Methods of Treating Neuropathy Pain</b>	by Dr. Naota Hashimoto, DC, BS
<input type="checkbox"/>	F	Dec. 11	4PM	LQ	Fiesta 4	<b>How Robotics are Used in Orthopedic Knee Surgery</b>	by Dr. John H. Velyvis
<input type="checkbox"/>	T	Dec. 15	2PM	LQ	Fiesta 4	<b>Fun Tips for Everyday Fitness</b>	by Spa La Quinta, La Quinta Resort and Club
<input type="checkbox"/>	W	Dec. 16	4PM	LQ	Fiesta 4	<b>Take Day Makeup to Evening Makeup</b>	by Kanvis

Legend: Mir = Miramonte Resort  
LQ = La Quinta Resort

Register for Classes by: **PHONE:** 760-779-9000 **FAX:** 760-863-0238  
**EMAIL:** pam@60minuteuniversity.com **WEBSITE:** www.60minuteuniversity.com

First Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### HOME IMPROVEMENT

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	W	Oct. 14	2PM	LQ	Capra A	<b>Water Treatment Systems: What They Do for You</b>	by Desert Water Conditioning
<input type="checkbox"/>	M	Oct. 19	9AM	MIR	Tuscany II	<b>Preparing Your Home for Sale</b>	by Realty Market
<input type="checkbox"/>	T	Oct. 20	2PM	LQ	Capra B	<b>What to do if you have Water Damage and/or Mold</b>	by ServPro of Palm Desert
<input type="checkbox"/>	W	Oct. 21	2PM	LQ	Capra B	<b>Change Your Irrigation System to Save Water &amp; Money</b>	by Hort Tech Landscape
<input type="checkbox"/>	W	Oct. 28	4PM	LQ	Capra A	<b>Preventive Home Maintenance Saves Major Repairs</b>	by Mills Custom Services
<input type="checkbox"/>	W	Nov. 4	4PM	MIR	Tuscany II	<b>Change Your Landscape to Conserve Water &amp; Save Money</b>	by Hort Tech Landscape
<input type="checkbox"/>	T	Nov. 10	4PM	MIR	Tuscany II	<b>10 Ways to Renovate Your Home for Less</b>	by Mills Custom Services
<input type="checkbox"/>	W	Nov. 18	2PM	LQ	Capra E	<b>Real Estate 101: Informal Q &amp; A</b>	by Realty Market
<input type="checkbox"/>	F	Nov. 20	9AM	MIR	Tuscany II	<b>What to do if you have Water Damage and/or Mold</b>	by SERVPRO of Palm Desert
<input type="checkbox"/>	M	Nov. 30	4PM	MIR	Tuscany II	<b>Outdoor Innovations Using Water</b>	by Desert Water Conditioning
<input type="checkbox"/>	Th	Dec. 3	2PM	MIR	Tuscany II	<b>Landscape Lighting that Enhances Your Property</b>	by Hort Tech Landscape
<input type="checkbox"/>	M	Dec. 7	4PM	LQ	Fiesta 4	<b>How to Make Your Home Safe and Green</b>	by Mills Custom Services
<input type="checkbox"/>	T	Dec. 15	9AM	MIR	Tuscany II	<b>Proper Care Cleaning Carpets &amp; Upholstery</b>	by SERVPRO of Palm Desert
<input type="checkbox"/>	Th	Dec. 17	4PM	LQ	Fiesta 4	<b>Money Saving Secrets for First-Time Buyers</b>	by Realty Market

### PERSONAL GROWTH

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	M	Oct. 12	9AM	MIR	Med.III-IV	<b>The Power of Music to Manage Stress</b>	by Bill Protzmann
<input type="checkbox"/>	T	Oct. 13	4PM	LQ	Capra A	<b>Ancient Feng Shui brings you Romance &amp; Health</b>	by Feng Shui Services
<input type="checkbox"/>	W	Oct. 14	9AM	MIR	Med. III-IV	<b>The Spa Lifestyle</b>	by The Well Spa @ Miramonte Resort
<input type="checkbox"/>	Th	Oct. 15	2PM	LQ	Capra A	<b>Dreams and What They Mean</b>	by Harry J. Sheetz
<input type="checkbox"/>	F	Oct. 16	9AM	MIR	Tuscany II	<b>Why You Need a Life Coach</b>	by Triumph Coaching Services
<input type="checkbox"/>	W	Oct. 21	4PM	LQ	Capra B	<b>Free Your Best Voice</b>	by Nanci Sorin
<input type="checkbox"/>	T	Oct. 27	2PM	LQ	Capra A	<b>Gain Knowledge about your Chakras for Ultimate Health</b>	by Health and Wellness
<input type="checkbox"/>	M	Nov. 2	9AM	MIR	Tuscany II	<b>How to Improve Your Memory</b>	by Seasons of Change
<input type="checkbox"/>	M	Nov. 2	2PM	MIR	Tuscany II	<b>Abundance &amp; Prosperity with Classic Feng Shui</b>	by Feng Shui Services
<input type="checkbox"/>	Th	Nov. 5	9AM	MIR	Tuscany II	<b>Self-Esteem, Confidence &amp; Image Booster</b>	by Desert Theta Healing
<input type="checkbox"/>	Th	Nov. 5	2PM	MIR	Tuscany II	<b>Laughter Exercises &amp; Gentle Stretching</b>	by Laughter4Life.org
<input type="checkbox"/>	W	Nov. 18	9AM	MIR	Tuscany II	<b>Energy Healing</b>	by Health and Wellness
<input type="checkbox"/>	Th	Nov. 19	9AM	MIR	Tuscany II	<b>Organizing a Neighborhood Child Protection Program</b>	by Christopher's Clubhouse

Legend: Mir = Miramonte Resort  
LQ = La Quinta Resort

Register for Classes by: **PHONE:** 760-779-9000 **FAX:** 760-863-0238

**EMAIL:** pam@60minuteuniversity.com **WEBSITE:** www.60minuteuniversity.com

First Last Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

### PERSONAL GROWTH (CONTINUED)

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	Th	Nov. 19	2PM	LQ	Capra E	<b>Caregivers are Special</b>	by Lois Kahn-Feurer, Ph.D.
<input type="checkbox"/>	M	Nov. 30	9AM	MIR	Tuscany II	<b>Tap into Your Psychic Abilities</b>	by Harry J. Sheetz
<input type="checkbox"/>	T	Dec. 1	4PM	MIR	Tuscany II	<b>Laughter Exercises &amp; Gentle Stretching</b>	by Laughter4Life.org
<input type="checkbox"/>	W	Dec. 2	2PM	MIR	Tuscany II	<b>Theta Healing Holiday De-Stress</b>	by Desert Theta Healing
<input type="checkbox"/>	Th	Dec. 10	9AM	MIR	Tuscany II	<b>Creating Great Relationships with your Grandkids</b>	by Pam Golden & Assoc.
<input type="checkbox"/>	F	Dec. 11	9AM	MIR	Tuscany II	<b>Ancient Feng Shui for Optimal Well Being</b>	by Feng Shui Services
<input type="checkbox"/>	M	Dec. 14	9AM	MIR	Tuscany II	<b>Music that Makes You Well</b>	by Bill Protzmann
<input type="checkbox"/>	M	Dec. 14	4PM	LQ	Fiesta 4	<b>Gain Knowledge about Chakras for Ultimate Health</b>	by Health & Wellness
<input type="checkbox"/>	W	Dec. 16	2PM	LQ	Fiesta 4	<b>How to Get More Enjoyment out of the Holidays</b>	by Seasons of Change
<input type="checkbox"/>	Th	Dec. 17	9AM	MIR	Tuscany II	<b>Document Your Life Lessons in an "Ethical" Will</b>	by Teri Cortland, Psy.D

### SMALL BUSINESS ESSENTIALS

Attend	Day	Date	Time	Place	Room	Title	Speaker
<input type="checkbox"/>	Th	Oct. 22	2PM	LQ	Capra B	<b>Start Your Own Business in 30 Days</b>	by Computerworks, Inc.
<input type="checkbox"/>	Th	Oct. 22	4PM	LQ	Capra B	<b>Blackberry Help 101</b>	by Automated Telecom
<input type="checkbox"/>	M	Oct. 26	4PM	LQ	Capra A	<b>How to Brand Your Small Business for Success</b>	by Marketing Edge
<input type="checkbox"/>	T	Nov. 3	2PM	MIR	Tuscany II	<b>How to Write a Business Plan</b>	by Marketing Edge
<input type="checkbox"/>	M	Nov. 9	2PM	MIR	Tuscany II	<b>How to Use Google for Your Small Business</b>	by Computerworks, Inc.
<input type="checkbox"/>	W	Nov. 11	2PM	MIR	Tuscany II	<b>Small Business Virtual Assistant</b>	by Automated Telecom
<input type="checkbox"/>	W	Dec. 16	9AM	MIR	Tuscany II	<b>Blackberry Help - The Next Step</b>	by Automated Telecom

Legend: Mir = Miramonte Resort  
LQ = La Quinta Resort

Register for Classes by: **PHONE:** 760-779-9000 **FAX:** 760-863-0238  
**EMAIL:** pam@60minuteuniversity.com **WEBSITE:** www.60minuteuniversity.com