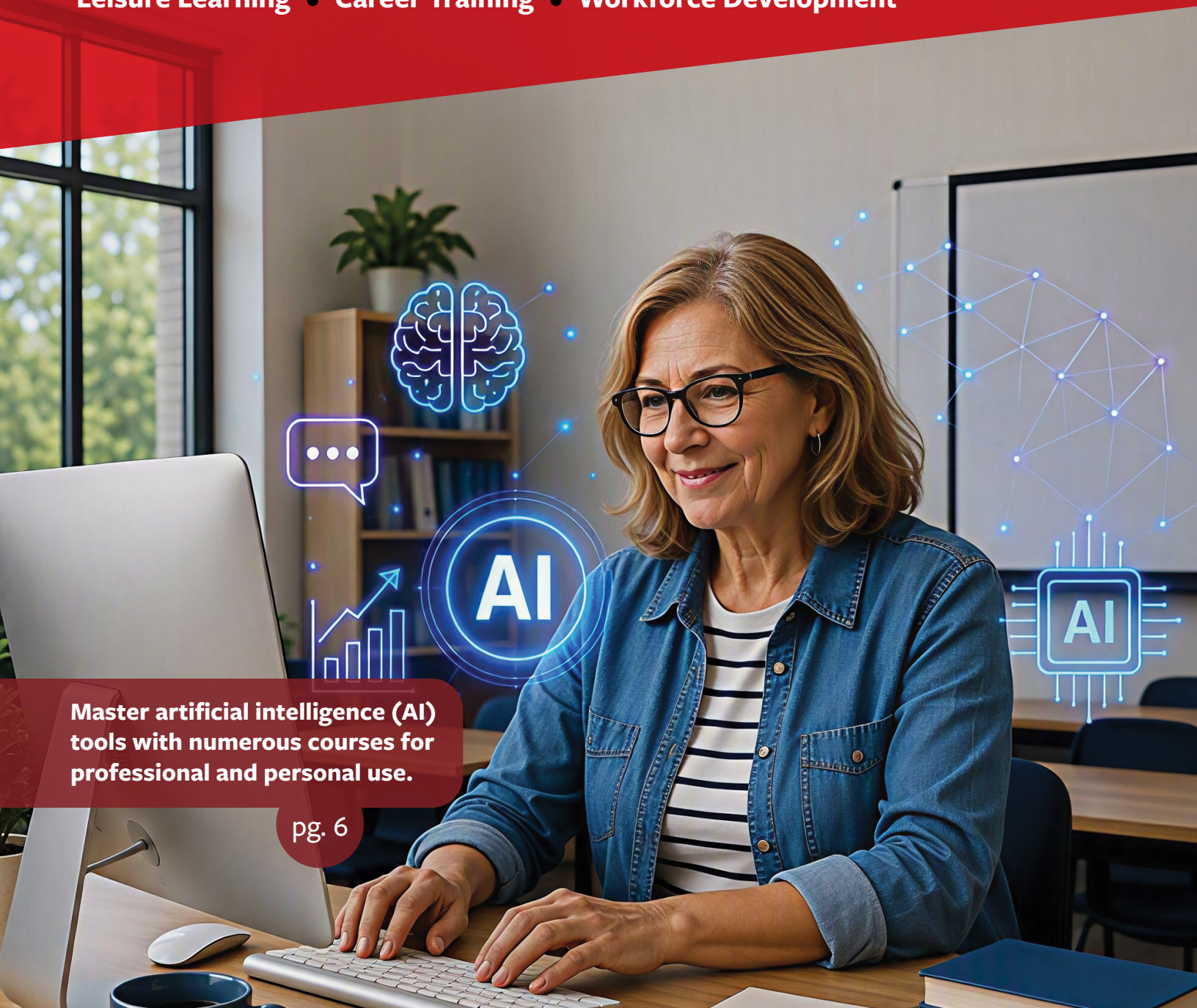


Continuing Education



Fall 2026

Leisure Learning • Career Training • Workforce Development



Master artificial intelligence (AI) tools with numerous courses for professional and personal use.

pg. 6



COCHISE COLLEGE
Center for Lifelong Learning

www.cochise.edu/ccl

Welcome!

Classes at the Cochise College Center for Lifelong Learning are designed to be your connection to learning at any age or skill level. We are excited to bring you the schedule for Fall 2026 classes.

Cochise College Center for Lifelong Learning encourages success in a learning community that promotes intellectual growth through educational resources and programs tailored to changing social, economic and technological needs.

The Center for Lifelong Learning is a place where students, learning, and teaching are our first priority. Registration is easy! Visit our website, search and register for your courses, use our interactive class schedule and simply click on the course titles, give us a call, or stop by our office. It's that simple!

Our courses are informative, affordable, fun, and geared for you. All of our courses include expert, professional instructors. Browse our Fall 2026 Schedule to find that class that will be your pathway to Fall learning.

Cochise College Mission Statement

Cochise College provides inclusive and accessible educational opportunities that support social responsibility, community engagement, meaningful careers, and lifelong learning.

Refund Policy

Cancellation and Refund Policy: The Cochise College Center for Lifelong Learning reserves the right to cancel course offerings with a full refund.

- More than 14 calendar days before the start = Full Refund
- 8 - 13 calendar days before course start = 50% Refund
- 7 calendar days or less = No Refund
- After course start date = No Refund
- Registration fees are non-transferable

Accessibility Accommodations

Cochise College values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have an accessibility need and believe you need an accommodation to improve access to learning and campus services, you may begin the welcome process and review the Accessibility Student Guide at www.cochise.edu/accessibility. Community members, Center for Lifelong Learning students, and visitors may contact the Office of Accessibility Services to determine eligibility at (520) 515-5337.

Groups/Organizations

We will be glad to prepare a class tailored to your needs—held at your location or at Cochise College. For more information call (520) 515-5492, (800) 966-7943, ext. 5492 or email training@cochise.edu.

Center for Lifelong Learning Staff

Ana McIndoe, Director

Elizabeth Dagnino, Coordinator

Brandy De Leon, Enrollment Management

Specialist/Division Assistant

Physical Address

2600 East Wilcox Drive, Room G101

Sierra Vista, AZ 85635

Mailing Address

Cochise College

Attn: Center for Lifelong Learning

901 N Colombo Ave

Sierra Vista, AZ 85635

For more information, contact one of our staff at (520) 515-5492.

Registration Deadline

Payment for any class is expected at the time of registration. Certain classes have registration deadlines. See each class for those requirements and refund policies.

Instructors will not accept registration payment at any time.

Classes that do not meet the minimum student requirement will be cancelled before the actual class date.

Please enroll early. Classes will be cancelled one to two weeks prior to start date if enrollment is too low.

Cancellation and Refund Policy: The Cochise College Center for Lifelong Learning reserves the right to cancel course offerings with a full refund. Registration fees are non-transferable.

Liability

Cochise College assumes no liability for accidents that occur while participating in Lifelong Learning classes and provides no funds to cover medical costs. Participation in any class is entirely voluntary. Participants are strongly urged to have their own health insurance. Cochise College is not responsible for injuries or accidents and all liability against them is waived.

Safety guidelines

- Stay home if you are feeling sick.
- To help protect you and your instructors, we encourage you to be considerate and to take responsibility for your health and safety.

OUR FALL CLASSES



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ARTS & CRAFTS

Beginner Stained Glass Workshop

with Don Watkins

In this fun-filled class, you will dive into the world of stained glass by creating your own suncatcher! You will be guided through each step as you learn all the essential skills you need to bring your colorful creations to life. By the end of class, you will have the skills to continue your stained glass journey. So, grab your creative spirit, and let's make some magic with glass! *All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Fri, Sept 11 | 5 - 8 p.m. | & Sat, Sept 12 | 11 a.m. - 4 p.m. or

Fri, Sept 18 | 5 - 8 p.m. | & Sat, Sept 19 | 11 a.m. - 4 p.m.

Downtown Center, A111 | \$99

I Have a Guitar - Now What?

with Richard Kettner

Join our beginner guitar class and kickstart your musical journey. Learn to read music notation, master basic chords, and strumming patterns. No prior musical knowledge is needed; just bring an acoustic guitar and the method book "Guitar Method, Book 1" by Hal Leonard with audio access. After registration, you will receive all the details to prepare for class. We cannot wait to start this musical journey with you! This class meets eight times.

Wed, Sept 16 - Nov 4 | 6 - 7 p.m. | Downtown Center, A111 | \$99

Mosaics with Paula

with Paula Keith

Step into a new art craft with a stained-glass mosaic stepping stone! In this class, you will learn the basics of mosaic design and discover how to add ceramics, beads, baubles, and personal treasures to make your piece truly unique. At the end of the class, you will go home with your custom-created garden stone and the skills for the advanced Mosaics classes. *Requirements: This class requires you to stand for extended periods and have strong fine motor skills and hand-eye coordination to cut glass safely. All supplies are provided. Safety goggles/eye protection and closed-toed shoes are required.*

Thu, Sept 24 | 12 - 4:30 p.m. | & Fri, Sept 25 | 9 - 11 a.m. or

Sat, Oct 24 | 8 a.m. - 4 p.m.

Downtown Center, A111 | \$79

Nature Sketching/Journaling at Ramsey Canyon

with Linda Feltner

Discover the beauty of Ramsey Canyon Preserve through the art of nature sketching and journaling. Surrounded by forest, flowing streams, and abundant plant life, you will explore the canyon with award-winning artist and educator Linda Feltner. Learn techniques in graphite, watercolor, and watercolor pencil to capture your observations and deepen your connection to nature. The day begins with a field sketching introduction, followed by a morning of hands-on exploration and sketching. After lunch, enjoy guided activities to practice new styles and techniques in various media. Perfect for nature lovers and artists of all levels, this workshop

blends creativity with discovery in a stunning outdoor setting. If the weather is disagreeable, we will convene in the Nature Conservancy Building. *Wear outdoor, weather-appropriate clothing and shoes for hiking. Sunscreen and hats are recommended. Bring water, snacks, and a packed lunch. Students should be able to complete an easy hike that includes some uphill walking. You are responsible for your transportation to Ramsey Canyon. A list of class materials will be provided at the time of enrollment. Registration deadline is Monday, September 28.*

Sat, Oct 3 | 9 a.m. - 4 p.m. | Ramsey Canyon Preserve | \$89

Serving Platter

with Don Watkins

Join us for a beginner-friendly workshop where you can create your own clay serving platter in any shape you like. You will have fun learning how to roll out a slab of clay and mold it into your chosen form, and your instructor will demonstrate various surface treatments and help you apply those to finish the piece. Your instructor will show you how to glaze your piece and choose your favorite colors. He will take care of the drying, firing, and glazing process for you and let you know when your platter is ready to pick up. *(This can take up to a month.) All supplies are provided.*

Sat, Oct 3 | 3 - 6 p.m. | Sierra Vista Campus, ART409 | \$45

Reverse Coloring: Meditative Art

with Lisa Kindle

Discover a new way to unwind and reconnect with your creative spirit through Reverse Coloring - a relaxing, no-pressure art technique where the colors come first, and you bring them to life with your own lines and imagination. In this class, you will learn simple techniques for relaxation, intuitive drawing, and personal expression as you transform pre-painted watercolor pages into one-of-a-kind artwork. Walk away with artwork you love and a renewed sense of calm you can return to anytime. *A short list of supplies will be sent to you upon enrollment.*

Fri, Oct 9 | 6 - 8 p.m. | Downtown Center, A111 | \$29



DISCOVER PHOTOGRAPHY

Photography Essentials and Beyond

with Robert Gallucci

Unlock your camera's full potential and elevate your photography in this hands-on course for beginner and intermediate photographers. Learn to move beyond automatic settings as you build technical and creative skills through guided lessons, practical exercises, and golden hour field shoots. Explore key concepts like the exposure triangle (shutter speed, aperture, ISO), equipment choices, composition, lighting, and basic editing. You will also gain experience across a range of genres, including landscape, nature, macro, sports, portrait, and group photography. Class includes field practice time - you must provide your own transportation to local scenic locations. *Required equipment is a DSLR or mirrorless digital camera with manual settings, tripod, cable release or remote shutter (optional), and basic knowledge of how to operate your camera.* This class meets four times.

Wed, Sept 9 - 30 | 5:30 - 7:30 p.m. | Downtown Center, G106 | \$99

Travel and Landscape Photography—NEW!

with Robert Gallucci

Discover the beauty of Cochise County while learning how to create impactful travel and landscape photographs. This course combines classroom instruction with field experiences at Brown Canyon Ranch, Coronado National Memorial, and the Old Palominas Diner, some of Southern Arizona's most photogenic locations; you must provide your own transportation to each location. You will learn how to use composition, light, perspective, and storytelling to create images that go beyond snapshots and capture the spirit of a place. *Required equipment: any camera type, tripod, extra batteries, memory cards, and basic knowledge of how to operate your camera. Wear comfortable walking shoes and clothes suitable for outdoor photography.* This class meets three times.

Fri, Sept 18 - Oct 2 | 5:30 - 7:30 p.m. | Downtown Center, G106 | \$55

Cell Phone Photography - iPhone

with Robert Gallucci

Learn to capture stunning, professional-quality photos using the camera you always have with you, your iPhone. In this hands-on course, you will discover how to make the most of your phone's powerful camera features. Through guided instruction and practical exercises, explore key photography concepts like composition, lighting, camera controls, and editing, all from your device. Whether you are shooting landscapes, portraits, or everyday scenes, this course will help you transform ordinary snapshots into shareable, printable works of art. Class includes field practice time; you must provide your own transportation to local scenic locations. This class is best suited for iPhone models 14 and higher. This class meets three times.

Tue, Oct 6 - 20 | 5:30 - 7:30 p.m. | Downtown Center, G106 | \$55

Cell Phone & Tablet Photo Editing

with Robert Gallucci

Today's mobile editing applications provide powerful tools for improving photographs directly on your smartphone or tablet. In this course, you will learn how to use Adobe Lightroom Mobile to enhance your images through exposure correction, color adjustment, cropping, retouching, masking, and image organization. Discover how professional-quality edits can be created without a desktop computer and how to develop an efficient workflow for managing and improving your photographs on the go. By the end of the course, you will be able to transform ordinary cell phone images into polished photographs suitable for printing, sharing with family and friends, posting on social media, and preserving your favorite memories. *Requirements: Subscription to Adobe Lightroom (1TB).* This class meets two times.

Mon, Nov 2 & 9 | 5:30 - 7:30 p.m. | Downtown Center, G104 | \$39

LIFT a student. Change a life.

The LIFT (Local Investment for Transformation) campaign seeks to match Humberto Lopez's pledge to support scholarships for deserving students. Your generosity means students with limited capacity to pay for education can still obtain it and unlock their own success.

Learn more and donate



COMPUTING

PowerPoint Fundamentals with Artificial Intelligence (AI)

NEW!

with George Self

PowerPoint turns your ideas into polished, professional presentations. In the first two hours, you will build a complete slide deck from scratch, adding text, images, and smooth transitions. In the third hour, you will see how Google Gemini can suggest content, sharpen your message, and cut your preparation time in half. No experience required. This class uses Google Gemini as the AI tool. *Students must have a Gmail account and be prepared to log into Google during class.*

Tue, Sept 15 | 5:30 - 8:30 p.m. | Downtown Center, G104 | \$45

Excel Basics—NEW!

with George Self

Spreadsheets seem complicated until someone shows you the secret: they are just organized lists with a calculator built in. In three hands-on hours, you will build a real spreadsheet from scratch, write formulas that calculate automatically, sort and filter your data, and create a simple chart. No experience required.

Tue, Oct 6 | 5:30 - 8:30 p.m. | Downtown Center, G104 | \$45

Excel with AI—NEW!

with George Self

What if you could describe what you want in plain English and get the formula back in seconds? In this class, you will use an AI assistant to generate formulas, analyze your data by asking questions, and uncover hidden errors in messy files. Excel just got a whole lot easier. No formula memorization required. This class uses Google Gemini as the AI tool. *Students must have a Gmail account and be prepared to log into Google during class.*

Tue, Oct 13 | 5:30 - 8:30 p.m. | Downtown Center, G104 | \$45

Canva Basics

with Tina Durham

Start your design journey with this hands-on introduction to Canva, perfect for true beginners! In this class, you will learn the essentials of using Canva to create a simple marketing flyer, a clean newsletter, and eye-catching social media posts. Get step-by-step instructions on easy tools, templates, and beginner-friendly AI features that help you design with confidence. Whether you are exploring design for the first time or just want to feel more comfortable using Canva, this class is the perfect place to start! *Requirements: Basic computer skills and a free Canva account.*

Sat, Oct 17 | 10 a.m. - 12 p.m. | Downtown Center, G104 | \$25

Introduction to Artificial Intelligence (AI)

with George Self

Discover AI through hands-on exploration of real tools like ChatGPT, image generators, and chatbots. You will learn effective prompting techniques, explore creative applications, and understand AI's capabilities and limitations. Perfect for beginners wanting practical experience with current AI technology. Basic computer skills are required. Course content is continuously updated as AI advances.

Tue, Oct 27 | 6:30 - 8:30 p.m. | Downtown Center, G104 | \$25

AI for Everyday Life—NEW!

with George Self

Learn how AI can help with the tasks you already do. In this hands-on class, you will work through everyday scenarios like writing letters, planning travel, understanding confusing documents, and finding recipes using ingredients you already have. Practice each step yourself and leave feeling confident using AI at home. This class uses Google Gemini as the AI tool. *Students must have a Gmail account and be prepared to log into Google during class.*

Tue, Nov 3 | 6:30 - 8:30 p.m. | Downtown Center, G104 | \$25

AI for Professionals—NEW!

with George Self

You already know AI exists, now learn to use it like a professional! This hands-on class focuses on real work tasks: client emails, marketing, social media, proposals, and research. Practice writing prompts that produce results you can actually use, not generic output you have to rewrite. This class uses Google Gemini as the AI tool. *Students must have a Gmail account and be prepared to log into Google during class.*

Tue, Nov 17 | 6:30 - 8:30 p.m. | Downtown Center, G104 | \$25

Wed, Nov 18 | 5 - 7 p.m. | Willcox Center, 106 | \$25

**WILLCOX
CENTER!**

Media Generation with AI—NEW!

with George Self

Did you know you can describe a picture in plain English and have an AI assistant create it in seconds? In this hands-on class, you will explore AI tools that generate images, music, and video from simple text descriptions. Create original artwork for a newsletter, restore an old family photo, or produce background music for a slideshow - no design experience needed. You will also learn what AI-generated media can and cannot do, and how to use it responsibly. This class uses Google Gemini as the AI tool. *Students must have a Gmail account and be prepared to log into Google during class.*

Tue, Dec 1 | 6:30 - 8:30 p.m. | Downtown Center, G104 | \$25

WORKFORCE DEVELOPMENT

As a leader in workforce development, Cochise College understands the importance of meeting the emerging training needs of the community. The world is moving at lightning speed, and the industry needs highly skilled employees who can complete training quickly to keep up with productivity and variable growth rates. To learn more about our upcoming training and certificate programs that can be completed in one year or less, visit www.cochise.edu/skills or contact Cullen Scarborough at scarboroughc@cochise.edu or (520) 515-3631.



OSHA 10

with Tobias Scott

The Occupational Safety and Health Administration (OSHA) 10-hour training teaches basic safety and health information to entry-level workers in construction and general industry. It is part of the OSHA Outreach Training Program, which explains serious workplace hazards, workers' rights, employer responsibilities, and how to file an OSHA complaint, as well as how to identify, abate, avoid, and prevent job-related hazards on a construction site. Those who successfully complete this course will qualify for an OSHA 10 Outreach Training Card.

Sat, Oct 17 & 24 | 8 a.m. - 3 p.m. | Downtown Center, E105 | \$65

CDL-A & CDL-B with School Bus Endorsement



With this certificate program, we will prepare you to receive a Commercial Driver's Licence.

Courses are scheduled flexibly and may be offered at any time based on student interest.

Ready to get started? Call (520) 515-5492 or visit www.cochisecdl.com.

Announcing the 2026 Nonprofits Conference

Recharge, Refocus, Renew: Strengthening Nonprofits from Within

Strong organizations begin with strong leaders. Join nonprofit leaders and professionals as we explore AI for Nonprofits, Nonprofit Funding, Balancing Life During Constant Change, and more!

Friday, September 25, 2026 | 8:30 a.m. - 4:30 p.m.

Legacy Foundation Event Center

Fee: \$55 (Breakfast and Lunch Included)



Register at www.cochise.edu/cll or call 520-515-5492



ARIZONA
COMMUNITY
FOUNDATION
Serving Southeast Arizona



COCHISE COLLEGE
Center for Lifelong Learning



Legacy Foundation of
Southeast Arizona

PROFESSIONAL DEVELOPMENT

Foundations of Human Communication—NEW!

with Floramae Petitt

Strengthen your professional presence by understanding how communication works in the workplace. In this interactive workshop, you will explore how verbal and nonverbal messages impact your effectiveness, identify common communication barriers, and learn practical strategies to improve collaboration and interpersonal interactions. Through guided activities and real-world scenarios, you will gain insight into how your messages are delivered, perceived, and influenced, helping you communicate with greater clarity, confidence, and impact.

Sat, Oct 24 | 9 a.m. - 12 p.m. | Downtown Center, G106 | \$35

Public Speaking Essentials—NEW!

with Floramae Petitt

Build your confidence and become a more effective speaker in this engaging three-hour workshop. You will learn how to manage speech anxiety, organize your ideas with a simple structure, and tailor your message to any audience. Strengthen your delivery with techniques for voice, eye contact, and body language, and explore the basics of persuasion using ethos, logos, and pathos. You will wrap up with a brief impromptu speech, giving you the chance to practice your new skills and receive helpful feedback.

Sat, Nov 14 | 9 a.m. - 12 p.m. | Downtown Center, G106 | \$35

FEATURED INSTRUCTOR

Floramae Petitt

Floramae “Lora” Petitt has been teaching communication courses for more than 10 years and is passionate about helping individuals become more confident and effective communicators. Her experience includes teaching public speaking, interpersonal communication, and related communication topics to diverse groups of learners. Lora’s courses are engaging, practical, and focused on real-world application. Through interactive activities and discussion, participants develop skills they can immediately use in the workplace, in their communities, and in everyday interactions. She believes that strong communication skills are one of the most valuable tools for personal and professional success.



FIREARMS TRAINING

Basic Pistol Shooting

with Dr. Eric Brooks

In this class, you will learn about types of handguns, along with their features and functions. This course will also cover safe gun handling, loading, and unloading, the fundamentals of marksmanship, as well as safe cleaning practices, and gun storage. *Prerequisites and Gear Requirements: Students must be at least 18 years old to register and must also be able to legally possess a firearm in Arizona. Students must have a firearm, at least two magazines, carrying case or bag, 150 rounds of training ammunition, eye and ear protection, and a front-brimmed hat (e.g. baseball cap). Note-taking material and a willingness to learn are also strongly recommended. This course includes five hours of supervised range time and requires that a waiver be signed after registration.*

Sun, Sept 20, or Sat, Nov 14 | 8 a.m. - 5:30 p.m.
Sierra Vista Campus, LEB602 | \$199

Concealed Carry Weapons (CCW)—NEW!

with Jeremy Peuschold

Gain the knowledge, confidence, and skills needed for responsible concealed carry. This comprehensive CCW course covers the essential legal and practical aspects of firearm use, including an understanding of culpable mental states and the legal justification for using a firearm. You will receive guided, hands-on instruction in safe firearm handling

and operation. Training includes loading, unloading, reloading, and proper presentation of a pistol from both open and concealed carry positions. This course includes six hours of supervised range time and requires that a waiver be signed after registration. *For prerequisites and gear requirements, visit www.cochise.edu/ccl and search for this course.*

Sat, Nov 21 & Sun, Nov 22 | 9 a.m. - 3 p.m.
Sierra Vista Campus, LEB602 | \$259

FEATURED INSTRUCTOR

Jeremy Peuschold

Jeremy is a 23-year local law enforcement officer and Cochise College alumni, with 17 plus years teaching experience in firearms and firearms related expertise. Jeremy holds instructor-level certifications from several training institutions, including: Arizona Peace Officer’s Standards and Training Board (POST), Rangemaster Inc., Glock and the National Rifle Association (NRA). Jeremy has over 1,000 hours of firearms training from nationally recognized institutions, including: Gunsite, Thunder Ranch, John Farnam, Glock, NRA and Rangemaster, Inc. Jeremy is a Master Firearms Instructor for Arizona POST and manages the firearms program for Southeastern Arizona Law Enforcement Training Academy at Cochise College.



Corporate Training

The Center for Lifelong Learning is your answer for workforce training needs. We can provide your organization with customized training delivered in various formats, such as in-person at one of our campuses or your site, blended, or online. We can adapt our programs to meet the needs of your business. Whether your goals are to develop and improve employee skills, performance, or leadership, our training solutions will deliver practical workplace skills that meet your business needs and foster continuous improvement.

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|---|--|
|  OSHA 10, OSHA 30 & HAZCOM |  Stop the Bleed |
|  Microsoft Applications <ul style="list-style-type: none">• Excel• Word |  American Heart Association <ul style="list-style-type: none">• CPR, First Aid & AED• Basic Life Support |
|  Supervisory & Leadership Training |  Customer Service |
|  Time Management |  Grant Writing |
|  Leading Organizational Change |  Conflict Resolution |
|  CompTIA® Security + |  Organizational Change |
|  Project Management Professional (PMP®) |  Commercial Driver's License (CDL A & B) |

Bring your team to the next level and invest in your most valuable asset today! For more information, contact Ana McIndoe at mcindoea@cochise.edu or (520) 515-3636.



COOKING

Knife Skills

with Chef Lora Miller

Have you ever wanted to learn how to use and care for your knives properly? This class is for you! Take the first step to improve your cooking by learning basic knife cuts, proper knife handling, care, and use of the different types of knives. Come prepared to learn new skills or level up old ones and become comfortable with the most helpful tool in your kitchen.

Thu, Oct 15 | 10 a.m. - 12 p.m. | Downtown Center, J111 | \$45

Cinnamon Rolls—NEW!

with Chef Lora Miller

Few things compare to the aroma and comfort of warm cinnamon rolls straight from the oven, but mastering them is an art. In this hands-on class, you will learn insider tips for creating soft, melt-in-your-mouth rolls with perfectly defined swirls and rich, balanced flavor. Whether you are refining your baking skills or learning something new, you will leave with the knowledge to recreate them at home—and a tray of your own freshly made cinnamon rolls to take with you.

Thu, Oct 29 | 9 a.m. - 1 p.m. | Downtown Center, J111 | \$65



Introduction to Sourdough

with Chef Lora Miller

Want to learn to bake real sourdough bread with wild yeast? Learn the science behind sourdough and how to keep your starter alive and happy. You will learn that in this class, and more! Each participant will make their own sourdough loaves with a natural sourdough starter that has been started right here in Sierra Vista! Not only will you be going home with freshly baked sourdough bread, but you will also get to take home your own starter to continue your sourdough baking adventures at home.

Tue, Nov 10 | 9 a.m. - 1 p.m. | Downtown Center, J111 | \$69

NATURE

Arizona's Mammals

with Jeff Babson

The state of Arizona is home to a diverse array of mammals, from tiny shrews to statuesque elk, from bats the size of hummingbirds to the jaguar, the third-largest cat in the world. Dive into the remarkable variety of mammals across Arizona, with a closer look at the fascinating species found in the southeast.

Wed, Oct 14 | 6 - 8 p.m. | Downtown Center, G106 & Zoom | \$19

Evolution of Birds

with Jeff Babson

Start your exploration of the avian world by understanding how birds evolved. Birds are found just about everywhere on planet Earth, from polar regions to deserts, and the open sea to mountain tops. But where did they come from? What is their history? In this class, you will examine the anatomy, diversity, the evolution of dinosaurs in relation to the origin of birds, and other amazing facts you won't want to miss!

Wed, Dec 9 | 6 - 8 p.m. | Downtown Center, G106 & Zoom | \$19



SPECIAL INTEREST

ESTATE PLANNING

Power of Attorney

with Paul W. Melo

Explore the essentials of advanced planning in this course focused on medical, mental health, and financial powers of attorney. You will learn the purpose of each document, how they differ, and how they can be used to safeguard your healthcare and financial decisions.

Thu, Sept 3 | 10 - 11 a.m. | Downtown Center, G106 | \$19

Wills and Probate

with Paul W. Melo

Learn how to take control of your legacy by understanding the purpose and function of a last will and the probate process. This course explains how wills are used to outline your final wishes, designate beneficiaries, and appoint decision-makers. You will also gain insight into how probate works, common challenges, and ways to help make the process smoother for your family.

Thu, Sept 10 | 10 - 11 a.m. | Downtown Center, G106 | \$19

Living Trusts

with Paul W. Melo

Discover the role of living trusts in estate planning and how they can help manage assets, avoid probate, and streamline the transfer of property. This course also introduces additional planning tools that support your financial goals and help ensure your wishes are honored.

Thu, Sept 17 | 10 - 11 a.m. | Downtown Center, G106 | \$19

Wines of the World—NEW!

with Brian Liming

Discover the world of wine from grape to glass! In this class, you will learn how wine is made and explore the different methods used to age it. Uncover how wines develop over time and when to enjoy them. Travel through famous wine regions like Burgundy, Bordeaux, Tuscany, Mendoza, and Napa Valley, and learn what makes each unique. You will also explore the differences between sparkling, white, and red wines and why older doesn't always mean better. By the end, you will understand how grapes, climate, terroir, and winemaking styles shape the flavors in your glass. Come discover what brings each variety to life! Wine tasting is not part of this course.

Tue, Sept 22 | 6 - 8 p.m. | Downtown Center, G106 | \$19

FEATURED INSTRUCTOR

Brian Liming

Brian became a wine aficionado in the late 80s after working at numerous high-end restaurants, including the 5-star Little Nell at the base of Aspen Mountain. He moved to Cochise County in 2008 and was immediately drawn to the Willcox and Sonoita American Viticultural Areas and the wines they produce. He is a member of multiple wine clubs in Sonoita and California and has traveled over 1,500 miles in France to drink wine from every major wine region.



Lifelong Learning for Better Living—NEW!

with Dr. Dean Frazier

Lifelong Learning is one of the most important investments we “seasoned seniors” (50+) can make. This two-session workshop will help you build the life you want in this Season. Multiple studies show that we can enjoy higher levels of life satisfaction, rich relationships, and strong mental and physical health through deliberate, personalized lifelong learning. Dr. Frazier will help you integrate neuroscience, philosophy, spirituality, and psychology to help you discover (rediscover), design, and deploy your Lifelong Learning with practical tools to get the most out of your life! This class meets two times.

Thu, Oct 15 & 22 | 11 a.m. - 12:15 p.m. | Downtown Center, G106 | \$25

Prehistoric Cats of Southern Arizona—NEW!

with Ron Hyde

Join Society for Vertebrate Paleontology member and paleontology educator Ron Hyde, curator of the Southern Arizona Museum of Science and Technology (SAMOST), in the classroom in this four-week class covering the feline paleontology of southern Arizona. Explore the lineup of prehistoric predators, from the Rexroad Cat and American Lion to the fleet-footed American Cheetah, powerful ancient jaguars, and the legendary Sabertooth Tiger (Smilodon). As part of this course, you will have a chance to experience a field trip to the Southern Arizona Museum of Science and Technology. You provide your own transportation to the museum. This class meets four times.

Sat, Oct 17 - Nov 7 | 9 - 11 a.m. | Downtown Center, E103 | \$75

Paid to Talk: Introduction to Voice Over

with Voice Coaches

From audiobooks to advertisements and beyond, we encounter recorded voices everywhere! In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You will gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Additionally, there will be a chance for a one-on-one script read. Voice Coaches provides independent professional communication services. Participation in professional programs with Voice Coaches requires a speech and voice evaluation. For more information, visit www.voicecoaches.com/about.

Wed, Oct 21 | 6:30 - 8 p.m. | Zoom | \$29

Arizona's Steamboat Era—Who Knew?

with Glenn Minuth

Steamboat transportation had a little-known but substantial influence on the opening of the Arizona Territory in the latter half of the 19th century. For decades, river steamboats performed enormous services toward the development of the West. Why did the U.S. Army pioneer “river navigation” in Arizona? Find out how shallow rivers could support paddle wheel traffic, or could they? Explore the fascinating challenges of river travel, including encounters with river pirates and the daring spirit of the entrepreneurs who risked it all.

Wed, Nov 4 | 6 - 8 p.m. | Downtown Center, G106 | \$19

Under Arizona's Fall Skies—NEW!

with Dr. Dean Frazier and the Huachuca Astronomy Club

When night descends on Cochise County, we can experience the breathtaking display of sparkling, mysterious lights above. Join Dr. Frazier and members of the Huachuca Astronomy Club at the Patterson Observatory for an engaging, easy-to-understand conversation about planets, stars, galaxies, the Universe, and their compelling stories. With insights from recent scientific breakthroughs, images from the new space telescope, and highlights from the latest manned lunar mission, this gathering is sure to inspire awe and deepen appreciation of our place in the Universe.

Tue, Nov 10 | 6:30 - 8 p.m. | Patterson Observatory, Sierra Vista | \$19

The Greatest Weather Forecast Ever Made

with Glenn Minuth

It was almost 82 years ago that General Eisenhower's chief meteorologist, Group Captain James Martin Stagg, made the most important weather forecasts of all time. How did he do this at his young age? Was he even a meteorologist? Years of detailed planning went into the D-Day invasion on June 6, 1944, but success hinged on one element that no military commander could influence - the weather. With a simple: “OK, we'll go,” Eisenhower launched the invasion based on a weather forecast. Learn the dramatic story behind this pivotal forecast and the moment a single decision helped shape history.

Wed, Nov 18 | 6 - 8 p.m. | Downtown Center, G106 | \$19

Photo credit:
Patterson
Observatory
Facebook



Start your path to a successful future.

EARLY COLLEGE

Early College Programs provide high school students with a head start on their college and career goals through a variety of flexible learning pathways. In partnership with the Cochise Technology District, students can take Career & Technical Education (CTE) courses to earn both college and industry credentials. Students can also take courses through their high school for both college and high school credit for general academic requirements. Whether pursuing university transfer credits, earning an Arizona General Education Curriculum (AGEC) certificate, or working toward an industry credential, Cochise Early College Programs help students take charge of their future and build valuable academic and professional skills before graduation.

www.cochise.edu/early-college



ADULT EDUCATION

Adult Education can help you learn and finish your high school equivalency, learn new skills, earn industry credentials, and practice English. No matter where you are starting, Cochise College Adult Education is ready to help you move forward in work, school, and life! We offer year-round services and are currently tuition FREE!

www.cochise.edu/adult-education



WORKFORCE DEVELOPMENT

As a leader in workforce development in Cochise County, Cochise College Workforce Development understands the importance of training its workforce in the evolving economy. We understand that the world is moving at lightning speed, and the industry needs employees who are highly skilled and can complete training quickly to keep up with productivity and growth rates. From Project Management Professional and Commercial Driver's License training to customizable professional development training packages, Cochise College Workforce Development can help you or your business take the next step.

www.cochise.edu/workforce



SMALL BUSINESS DEVELOPMENT CENTER (SBDC)

Discover entrepreneurship and real-world business skills with Cochise College SBDC. Whether you want to launch your own business, explore business careers, or gain practical experience, SBDC offers workshops, coaching, and training programs for all stages of business development. Students can attend free seminars, participate in hands-on sessions about starting, financing, and growing businesses, or get one-on-one help for business ideas and projects. SBDC also connects students with local business leaders, internships, and community events for networking and career preparation.

www.cochise.edu/sbdc



**COCHISE
COLLEGE**

FREE LIFELONG LEARNING

FREE!

Let's Talk About Medicare

with Bernadette Harris

Are you confused about Medicare? Are you turning 65 and overwhelmed with all the Medicare mail you have been receiving and Medicare television commercials, but have no one to answer your questions? Are you already receiving Medicare benefits but have no local help to figure things out? If you answered yes to any of these questions, then this class is for you. This class will provide you with an overview of Medicare, how it works, what Medicare covers, and when you should enroll. You will have an opportunity to ask questions; however, no plans will be discussed during the seminar.*

Mon, Sept 21 | 10 - 11:30 a.m. | Downtown Center, G106 | FREE

Bridging Healthcare Coverage Gaps—NEW!

with Bernadette Harris

Learn how to fill the gaps in your health coverage and protect yourself from unexpected costs. In this class, you will explore supplemental insurance options that can help cover expenses like hospital copays, dental, vision, hearing, and even cancer-related care. You will leave with a clearer understanding of how these additional products can support your financial well-being when Medicare falls short.*

Mon, Oct 5 | 10 - 11:30 a.m. | Downtown Center, G106 | FREE

The Route to Aging in Cochise County

Embark on an exciting adventure through the landscape of healthcare in Cochise County! "Your Passport to Health: A Journey Through Aging" is your exclusive invitation to join the experts from Quibuirri Nursing & Rehabilitation, Bayada Home Health Care, Seniors Helping Seniors Assistive Care, and Casa de la Paz Hospice. Together, we will explore essential tips and strategies to access and manage top-notch healthcare options. Secure your spot on this enlightening voyage and steer towards a healthier horizon.*

Thu, Oct 8 | 12 - 2 p.m. | Downtown Center, G106 | FREE

Cyber and Personal Security for Seniors—NEW!

with Ty Holland

Stay safe and confident in today's digital and physical world with this practical course designed specifically for seniors. Learn how to protect yourself by understanding what information should (and should not) be carried in your wallet and stored in your vehicle. Discover how to use public and home Wi-Fi safely through a live phone demonstration and explore best practices for securing your devices and online accounts. The course also covers how bank notifications can help detect fraud early and how to navigate social media safely while protecting your privacy. Bring your cell phone to class for a live demonstration.*

Sat, Oct 17 | 9 - 11 a.m. | Downtown Center, G106 | FREE

**Preregistration is required for all Free Lifelong Learning courses.*

TRIPS AND TOURS

Terroir in Southeast Arizona's Wine Country

with Glenn Minuth

What does terroir really mean? This course features a pre-trip lecture briefing the evening before you depart, where we will discuss the differences among American Viticultural Areas (and their other international counterparts). Learn about wine terroir concepts specifically related to the Sulphur Springs Valley vineyards. The trip itself will feature an en-route orientation stop near the Willcox Playa to examine the physical geographic setting in the Sulphur Springs Valley to hone your understanding of the local geology and soils. Then, you will visit two wineries in the northern Sulphur Springs Valley to discuss vineyard operations and the effects of topography on terroir. Wine tastings at the wineries are optional. If you participate, there will be an out-of-pocket cost. Bring a sack lunch, snacks, and plenty of water. Wear hats with brims, weather-appropriate clothing, closed-toe walking shoes, and sun protection. *All participants must be 21 years or older. Enrollment deadline is Monday, Oct 12.*

Fri, Oct 23 - Lecture | 5:30 - 6:30 p.m. | Downtown Center, G106

Sat, Oct 24 - Field Trip | 7 a.m. - 5:30 p.m. | Sierra Vista Campus, Parking Lot E | \$129



WELLNESS

Stretchcize

with Julia Jones

Stretchcize is a cooperative exercise class focused on women 55 and older. Emphasis is placed on stretching, balancing, and strengthening—laughter and talk are added bonuses. Check us out and see if this exercise group is right for you. Bring your mat or modify your practice by using a chair. You can join this 16-week course at any time. **No class on Mon, Sept 7 - Labor Day, Mon, Oct 12 - Columbus Day, Wed, Nov 11 - Veterans Day, and Thu, Nov 26 - Thanksgiving.*

***Mon, Wed & Thu, Aug 31 - Dec 17 | 8:30 - 9:30 a.m.**

Downtown Center, A111 | \$15

Centered: A Meditation Experience

with Macaela Cashman

In a world of constant change, cultivating inner stability is not a luxury, it is a necessity! This meditation workshop explores how we can navigate uncertainty with grace by deepening our connection to wellness, self-knowledge, and equanimity. Through guided practices, reflective inquiry, and gentle movement, you will learn to anchor yourself in presence, build resilience, and embrace change as a pathway to growth. Whether you are new to meditation or deepening your practice, this experience offers tools to restore balance and clarity in turbulent times. This class meets three times.

Sun, Sept 13 - 27 | 4 - 5:30 p.m. | Downtown Center, G106 | \$35



AMERICAN HEART ASSOCIATION



AHA-Heartsaver First Aid, CPR, and AED

Learn to manage illness and injuries within the first few minutes until professional help arrives. This class is for anyone who wants to acquire important life-saving skills or has a duty to respond to a first aid or cardiac emergency because of job responsibilities or regulatory requirements. Course content includes general principles of CPR/Automated External Defibrillator (AED) and first aid for medical and injury emergencies. Those who successfully complete this course will qualify for a two-year American Heart Association (AHA) certification.

Sat, Sept 12 or | Sat, Oct 10 or | Sat, Nov 7 | 9 a.m. - 3 p.m.

Downtown Center, G106 | \$79

AHA-Basic Life Support for Healthcare Providers

Basic Life Support covers CPR for adult, infant, and child as well as the use of an Automated External Defibrillator (AED) in accordance with American Heart Association (AHA) guidelines. Core material covered will be: adult, child, and infant CPR, ventilations with a barrier device, 1 and 2 rescuer techniques, use of the bag-valve mask, AED, and aid for choking victims. Those who successfully complete this course will qualify for a two-year AHA certification.

Sat, Oct 3 or | Sat, Dec 5 | 9 a.m. - 1 p.m.

Downtown Center, G106 | \$69

ONLINE BUSINESS & PROFESSIONAL DEVELOPMENT

UGotClass Career Training

LEADERSHIP

Certificate in Leadership Development

Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit in for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do. At the end of completing the three-course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

Leadership Principles \ Sept 8 - Oct 2

Developing Your Leadership Skills \ Oct 5 - 30

Developing Your Professional Career \ Nov 2 - 27

Enrollment Fee \ \$395

TECHNOLOGY SKILLS

Graphic Design Foundation Certificate

Throughout history, from the earliest carvings in stone to today's digital designs, graphic design has been the foundation of effective visual communication. Whether you're designing a logo, building a website, or crafting a magazine layout, the right graphic design can transform your work from ordinary to exceptional. Build the skills to confidently choose the perfect graphic design for any project, creating work that is not only visually stunning but also functionally effective.

Typography Essentials \ Sept 8 - Oct 2

Mastering Layout and Grids \ Oct 5 - 30

Mastering Color Theory and Application \ Nov 2 - 27

Enrollment Fee \ \$545



FINANCES

Bookkeeping Certificate

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

Understanding Debits and Credits \ Sept 8 - Oct 2

General Ledger and Month End Procedures \ Oct 5 - 30

Closing Procedures and Financial Statements \ Nov 2 - 27

Enrollment Fee \ \$495

Certificate in Quickbooks

Save time, track money, and get important insights with QuickBooks Online. QuickBooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced QuickBooks Online topics.

QuickBooks Online Level 1 \ Sept 8 - Oct 2

QuickBooks Online Level 2 \ Oct 5 - 30

Enrollment Fee \ \$375

Online courses are non-credit and cannot be transferred to Cochise College degree programs.

Advanced Career Training

ACCOUNTING

Chartered Tax Professional

A Chartered Tax Professional (CTP) is someone who has completed a specific series of tax certificate courses in individual and small business income tax preparation. This nationally-recognized online tax preparer training will help you master tax preparation for individuals, small businesses, partnerships, and sole proprietorships while also helping you to earn your CTP professional credential. This tax preparer certificate program provides a thorough review of individual income tax fundamentals before diving into small business income tax preparation. First, you will gain essential knowledge and skills for effective tax filing and planning. You will explore a wide range of topics, including the preparation of forms such as W-2, 1099, and Form 1040, along with critical interview techniques and an understanding of filing requirements, exemptions, dependents, and much more.

18 months | \$2,141 | Code: GES219

LEGAL

Digital Court Reporting with Legal Transcription

This course will teach students about the court system, legal procedure, terminology, ethics, professionalism, and confidentiality. During the digital reporting portion of the course, students will learn how to cover all types of legal proceedings, including how to work with digital reporting software and equipment. There is no hands-on training with DR equipment. During the course's legal transcription portion, students will learn to format, transcribe, edit, and proofread legal transcripts for correct grammar, punctuation, and word usage. In addition to many exercises, quizzes, and self-graded assignments, students will receive personalized feedback on instructor-graded transcription assignments.

9 months | \$2,025 | Code: GES2097

ONLINE COURSES

Advanced CAREER TRAINING

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COURSE FEATURES:

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- 24/7 Access
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- Financial assistance available
- Student Advisors included
- Industry Recognized Certifications
- Counselors help match you to a training course

Learn in-demand skills around your schedule. These online, Advanced Career Training courses are designed to prepare you for entry or advancement in career opportunities.

TO LEARN MORE AND ENROLL, VISIT:
careertraining.cochise.edu

Fundamental Courses

LANGUAGE

Speed Spanish

Whether you are just starting to learn Spanish or need to improve your conversational skills for an upcoming trip, the fastest Spanish training can come from learning Spanish online! By taking our Speed Spanish course, you will acquire simple formulas for joining Spanish words and phrases together to build sentences and have conversations. The straightforward yet powerful sentence-building strategies presented in this course will help you learn Spanish in a flexible format for work, travel, or just for fun. After completing the Speed Spanish course, you will be able to converse in Spanish using common words and phrases, understand Spanish nouns and verbs, discuss Spanish culture, and use numbers to discuss dates, times, and money. You will gain confidence and preparedness to travel to Spanish-speaking countries—and can even help boost your career opportunities.

Instructor-Led | 6 Weeks Access, 24 course hours

Start Dates: Sep 16 | \$143 | Course Code: sps

Self-Paced | 3 Months Access

No Instructor, Start Anytime | \$143 | Course Code: T9226

BUSINESS

Keys to Successful Money Management

If you're interested in discovering how most wealthy people amassed their fortunes, this is the course for you. All it takes is organization, discipline, and a firm knowledge of how to proceed. If you're serious about accumulating a sizable nest egg and living the life of your dreams, you will have to acquire the knowledge and skills necessary for success. In this course, a Certified Financial Planner® will walk you through the steps you need to take in order to achieve true financial success. You'll become comfortable with the broad array of investment choices available to you right now, and you'll discover the best ways to acquire and accumulate both cash and real property. You'll also learn about the tax implications of your investment decisions, along with steps you can take to protect any wealth you acquire.

Instructor-Led | 6 Weeks Access, 24 course hours

Start Dates: Sep 16 | \$140 | Course Code: bwl

Self-Paced | 3 Months Access

No Instructor, Start Anytime | \$140 | Course Code: T9597



DreamBuilder

Free Entrepreneurship Course

Do you have a dream of owning a business but don't know how to start?
JOIN US and go from **concept-to-completed business plan** in 5 weeks!



**RESERVE
A SEAT**



Reserve your seat or contact us to learn more.

Kim Ryan: 520-515-5445 | ryank@cochise.edu

**Week
1**

**Planning &
Researching**



Evaluate your business idea, research your market and get acquainted with the DreamBuilder business plan generator.

**Week
2**

**Producing &
Pricing**



Identify the components of your products and services, refine your "USP" (unique selling proposition), and ensure your prices are sustainable.

**Week
3**

**Selling, Managing
& Profiting**



Understand why people buy and the importance of excellent service, how to manage human resources, and what it means to be truly profitable.

**Week
4**

Tracking & Funding



Covers key accounting principles like profit & loss statements and balance sheets; discover sources of funding for your business.

**Week
5**

**Formalizing &
Launching**



Explore legal business structures and considerations like contracts, agreements, compliance and regulations. Create an action plan for the future.

WE ARE HIRING



COCHISE COLLEGE
Center for Lifelong Learning

INSPIRE. CHALLENGE. HELP OTHERS GROW.

Do you have a hobby, talent, skill, or area of expertise that you would like to teach others? We are looking for instructors with ideas and knowledge to share! The Cochise College Center for Lifelong Learning offers a variety of non-credit classes for personal and professional development.

CONTACT US TODAY!

Ana McIndoe, Director
mcindoea@cochise.edu
(520) 515-3636



WEBSITE: www.cochise.edu/cll | **OFFICE PHONE:** (520) 515-5492

CAREER & TECHNICAL EDUCATION (CTE) CERTIFICATES

Prepare for success in today's workforce with hands-on trade training at Cochise College. Our career and technical education programs provide streamlined pathways into growing, high-demand industries, equipping students with practical skills for both professional and personal success. Many programs and certificates can be completed in one year, allowing students to enter the workforce quickly and confidently.

For detailed information, contact Kathy Carrillo, Division Assistant at (520) 515-5418 or at carrillok@cochise.edu.



Animal Science - Certificate (Major Code - ASC)

The Animal Science Certificate will examine key aspects of livestock production in Southeast Arizona. Courses will cover livestock production and management, range management, diseases and insect pests of livestock and their control.

Program Duration: One year | Tuition and class fees: \$2,000*

Crop Science - Certificate (Major Code - CRSC)

The Crop Science Certificate will examine key aspects of crop production in Southeast Arizona, including the agronomic practices of crop production, soils, entomology, and irrigation management.

Program Duration: One year | Tuition and class fees: \$2,000*

Horticulture Science - Certificate (Major Code - HCSC)

The Horticulture Science Certificate will examine key aspects of nursery, greenhouse and landscape horticulture in Southeast Arizona. Focusing on landscape plants in the arid southwest, the certificate includes courses in basic crop and soil sciences, insects and diseases of ornamental and vegetable plants.

Program Duration: One year | Tuition and class fees: \$1,785*



Culinary Arts - Certificate (Major Code - CULA)

The Culinary Arts Certificate is designed to equip students with the skills needed to fulfill the professional expectations of the food service industry, including teamwork, communication, vocabulary, and tools and equipment. This program focuses on intermediate and advanced cooking techniques, including classical food preparation, international flavors, and commercial baking and dessert preparation. Courses also cover inventory control, cost analysis, dining room operations, and customer relation skills.

Program Duration: Three semesters | Tuition and fees: \$4,700*

Culinary Baking and Pastry Arts - Certificate (Major Code - CULB)

The Culinary Baking and Pastry Certificate is designed to equip students with core classic pastry techniques for entry-level positions in diverse food service operations, including bakeries and pastry shops. The program includes food service sanitation, professional baking, kitchen equipment usage, and preparation of professional pastries, bread, desserts, and confections.

Program Duration: One year | Tuition and fees: \$3,000*

Culinary Skills - Certificate (Major Code - CULS)

The Culinary Skills Certificate is designed to train students for entry-level positions in diverse food service operations and bakeshops. The program provides training in food service sanitation, standard kitchen and bakeshop measurements, knife cuts, and professional cooking and baking techniques including breakfast and cold foods, stocks, sauces, and proper sautéing of meat, fish and poultry.

Program Duration: One year | Tuition and fees: \$2,750*

*Cost of course textbooks not included.

The programs listed in this section are eligible for Financial Aid and Veteran benefits.

CANYON VISTA MEDICAL CENTER HEALTH EDUCATION SERIES

FREE!

Join Canyon Vista Medical Center (CVMC) providers and learn about different health topics that may impact you or a loved one. These free lectures are aimed to be informative and interactive, so you can better understand your health. Everyone's healthcare needs are different, but understanding what your body tells you puts you one step closer to understanding and being healthier. No registration required.

The Future of Healthcare in Our Community

By CEO Scott Avery

Join Scott, CEO of CVMC, for a discussion on the future of healthcare in our region. Learn how the hospital is expanding services, strengthening care teams, and staying focused on what matters most - our patients and community.

Tue, Sept 1 | 1-2 p.m. | Downtown Center, G106 | FREE

Nutrition and Medicine: The Relationship and Importance of Both

By Anna Keefe

Nutrition and medicine go hand in hand - while medicine treats illness, good nutrition can help prevent it and support recovery. Anna, CVMC Dietician, will explain how a balanced diet aids healing and may reduce the need for some medications.

Tue, Sept 22 | 1-2 p.m. | Downtown Center, G106 | FREE

Wound Care & Healing Support

By Rebekah Ostrander MSN, RN

Learn about chronic and non-healing wounds, common causes, treatment options, and when specialized wound care may be needed. Rebekah, Director of Wound Care, will also cover prevention tips, healing support, and services available through CVMC's Wound Care Center.

Tue, Oct 6 | 1-2 p.m. | Downtown Center, G106 | FREE

Understanding Diabetes & Healthy Living

By Karina Habet, MD PGY-3

Learn about diabetes, common risk factors, symptoms, and ways to manage the condition through healthy lifestyle choices, monitoring, and medical care. Dr. Habet, an internal medicine resident, will also cover prevention tips and the importance of early detection and treatment.

Tue, Oct 27 | 1-2 p.m. | Downtown Center, G106 | FREE

Understanding Anxiety & When to Seek Help

By Maria Greer, LMSW

Anxiety is a common response to stress, but when feelings of worry, fear, or overwhelm begin affecting daily life, it may be time to seek help. Maria, the Behavioral Health Unit (BHU) director, will discuss the basics of anxiety, common signs and symptoms, coping strategies, and how to recognize when professional support may be beneficial.

Tue, Nov 10 | 1-2 p.m. | Downtown Center, G106 | FREE



BROWN BAG LECTURES

FREE!

The Brown Bag Lecture Series is a FREE event open to the public. The lectures are held on Wednesdays during the spring and fall terms from 12 - 1 p.m. at the Downtown Center, Room G106, located at 2600 East Wilcox Drive in Sierra Vista. Feel free to bring lunch. No registration required.

Wednesday, Sept 9 The Power of Lifelong Learning

By Dr. Dean Frazeur

Continuing to learn isn't just enriching, it is essential! Without ongoing growth, seasoned adults may face faster cognitive decline, higher dementia risk, and increased isolation. Join Dr. Frazeur to discover how staying intellectually and socially engaged supports a healthy, adaptable brain. We will translate key ideas from neuroscience and psychology into simple, practical tools you can use to keep learning, connecting, and thriving, tailored to your individual needs.

Wednesday, Sept 16 Launching the Future: NASA's Artemis Journey

By Ted Forte, NASA Solar System Ambassador

NASA Solar System Ambassador Ted Forte will describe the latest mission architecture for the Artemis Program, NASA's Moon to Mars Initiative. NASA has committed to maintaining America's leadership in manned exploration by increasing the cadence of Artemis missions, standardizing the Space Launch System (SLS) rocket, and adding a new mission. Ted will take us through all the latest updates to the Artemis Program as NASA attempts to usher in a new Golden Age of Science and Discovery.



Photo credit:
NASA.gov



Wednesday, Sept 23 Sun Safety

By Trinity Ribbing, Cochise County Health & Social Services

Join us for an engaging, evidence-based presentation on sun safety and skin cancer prevention. Learn how simple daily choices can significantly reduce your risk and protect your long-term health. This session will cover early warning signs, ways to minimize harmful UV exposure, and easy habits you can incorporate into your routine. Gain practical, science-backed strategies to take control of your skin health and help safeguard yourself and your loved ones.

Wednesday, Sept 30 Rucker Canyon: Army and Apache History

By William B. Gillespie

In 1878, the United States Army established a small outpost in the heart of the late Apache leader Cochise's homeland in the Chiricahua Mountains of Southern Arizona. The camp was established to support companies of Indian Scouts who were pursuing Chiricahua Apaches who refused to live at the San Carlos Apache Reservation. Although Camp Rucker was an official post for only a few years, it played a pivotal role in the history of the Chiricahua Apaches in the 19th century. Join us as we explore the legacy of this remote outpost in Cochise County.

BROWN BAG LECTURES

FREE!

Wednesday, Oct 7

Catching Cancer Early: What Every Family Should Know

By Dr. Sriman Swarup

Cancer touches nearly every family, but early detection can save lives. In this talk, Dr. Swarup, a board-certified oncologist practicing in Cochise County, explains what warning signs to watch for, which screenings really matter, and how to navigate local healthcare options. Dr. Swarup will share real stories from his practice and practical steps you and your loved ones can take to protect your health. Bring your questions, your curiosity, and even your lunch—it's time to make cancer prevention part of our community conversation.

Wednesday, Oct 14

The Power of Planning for Your Financial Future

By Frank Desimone, Financial Advisor

Nobody plans to fail, but far too many people fail to plan for the financial future they imagine. Join Frank Desimone for The Power of Planning, where he will discuss the importance of actively planning for your goals. In this session, you will learn how to begin your financial planning journey, the pitfalls of waiting to get started, and how to help address concerns with today's changing landscape.

Wednesday, Oct 21

Fairbank: Arizona's Forgotten Railroad Gateway

By Merle L Kilpatrick, Friends of the San Pedro River

Discover the fascinating story of Fairbank, a once-bustling railroad hub in Southeastern Arizona, where history comes alive as the gateway to the region's largest silver stamp mill along the San Pedro River in the late 1800s. Explore how this now-quiet ghost town played a vital role in connecting the mines and mills of Tombstone and Bisbee, shaping the economic growth of the region.

Wednesday, Oct 28

Haunted Bisbee: A Collection of True Ghost Stories

By Francine Powers, Author

With Halloween approaching, it is the perfect time to explore Bisbee's extensive ghost lore. Francine Powers, author of the bestselling book Haunted Bisbee, will present an overview of the paranormal activity reported throughout Bisbee. She will feature accounts of the apparition of Judge John Wilson Ross, seen in the Division 2 Courtroom and chambers of the Bisbee Cochise Superior Courthouse, the lingering presence of a seamstress and her young son believed to haunt the Bisbee Restoration Museum, and a firefighter said to remain at Station No. 2 long after his death. Even if the paranormal holds no sway over you, this history-based lecture offers compelling detail every history enthusiast would appreciate.

Wednesday, Nov 4

A Walk on the Wild Side: Bisbee's Brewery Gulch

By Mike Anderson

One of Old Bisbee's two principal thoroughfares, Brewery Gulch quickly gained a reputation as the rowdiest part of town, with its colorful mix of saloons, brothels, stores, and residences. Local historian Mike Anderson will tell the fascinating story of Bisbee's tenderloin district, where everything, including love, was available for sale.



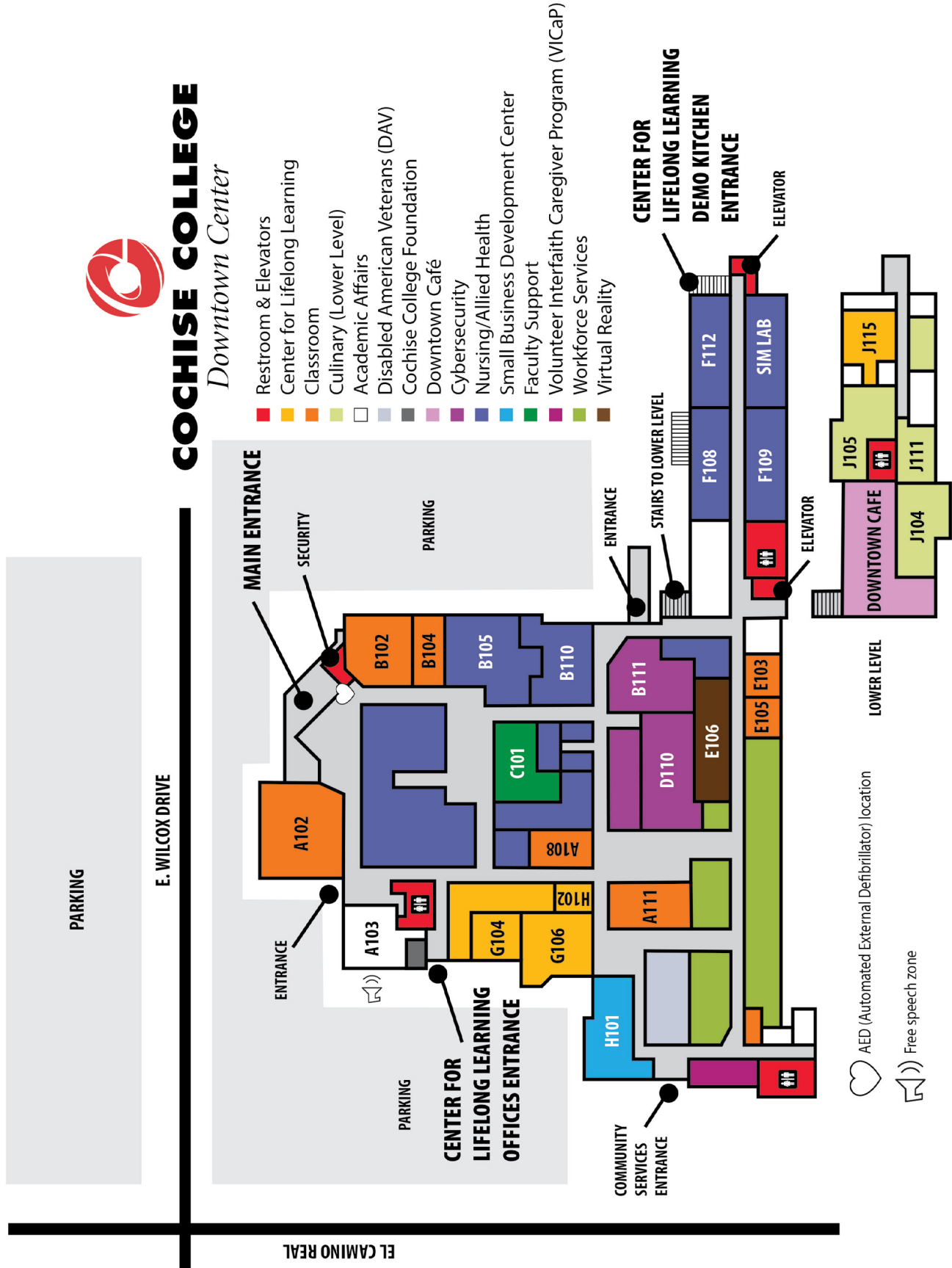
DOWNTOWN CENTER MAP

2600 East Wilcox Drive, Sierra Vista, AZ 85635



COCHISE COLLEGE Downtown Center

- Restroom & Elevators
- Center for Lifelong Learning
- Classroom
- Culinary (Lower Level)
- Academic Affairs
- Disabled American Veterans (DAV)
- Cochise College Foundation
- Downtown Café
- Cybersecurity
- Nursing/Allied Health
- Small Business Development Center
- Faculty Support
- Volunteer Interfaith Caregiver Program (VICaP)
- Workforce Services
- Virtual Reality



♥ AED (Automated External Defibrillator) location

🔊 Free speech zone

Four Easy Ways to Register for classes

1. ONLINE

Register anytime, day or night, online. Visit **www.cochise.edu/cll**, click on the Register for Classes (website) link, then click on the current schedule link to browse and register for classes.

2. PHONE

Call (520) 515-5492 to register by phone using your credit card.

3. WALK-IN

Drop by our office and register in person with one of our friendly staff members. We are located in the Downtown Center, 2600 East Wilcox Drive, Room G101. Card, check, and cash payments accepted. If paying with cash, please bring the exact amount.

4. MAIL

Fill out the registration form (right), and make the check payable to Cochise College. Please ensure you mail your registration form and payment to the address below at least two weeks before the first day of class so we can process your registration.

Cochise College

Attn: Center for Lifelong Learning

901 N. Colombo Avenue

Sierra Vista, AZ 85635

**REGISTER ONLINE...
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Online registration is fast, easy
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Go to
WWW.COCHISE.EDU/CLL
to browse class offerings.
On the left, click on
“Register for Classes (website)”

Center for Lifelong Learning Registration Form

Name _____ Date _____

Mailing address _____

City _____ State _____ Zip _____

Home phone _____ Cell _____

Work Phone _____ Other _____

Email _____

Please acknowledge the best mode to confirm enrollment
and reach you for additional class information:

☐

Email

☐

Home phone

☐

Cell phone

☐

Work phone

☐

Other: _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Class name _____

Date _____ Fee _____

Payment information

Visa

☐

MasterCard

☐

American Express

☐

Discover

Card # _____

Expiration Date _____ Sec. Code _____

Billing Address _____

Signature _____



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cinnamon rolls**
pg. 9



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Sketching**
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