HEALTH AND WELLNESS COURSES

HEALTH INFORMATION TECHNOLOGY

XHI100 HEALTH IT TRAINER **Tuition $1,100.00**

This course will provide the skills information technology professionals need to work as trainers for a wide range of health care providers who are or will be using electronic health records (EHR). Learn to accurately assess the training needs of employees, design lesson plans and learning experiences and maintain accurate records of training events and user participation. Successful completers of this course will be able to design and deliver health training programs using adult learning principles. Prerequisite: Two years of IT experience. Experience with training is preferred. Notes: One lab meeting on the Michael J. Grant Campus will be required in December. *Certain income-eligible students may be able to take this course free of charge. Please contact Jeanne Durso at 631-451-4470 to determine your eligibility.*
(78 hours)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99676	Eastern	Online	10/5-12/18	Online	Online

XHI200 HEALTH IT SOFTWARE SUPPORT SPECIALIST (Help Desk) **Tuition $1,100.00**

This course will provide information technology professionals with the practical knowledge necessary to give technical support in clinical and public health settings. Successful completers will have the skills needed to maintain systems, upgrade software, provide user support and install patches, as needed. Completers of this training will be able to document IT problems and implement solutions, support systems security, create audit functions for end-users, apply usability principles as well as ensure that privacy and security functions are appropriately configured. Prerequisite: Experience upgrading and maintaining software or providing user support is required. Notes: One lab meeting on the Michael J. Grant Campus will be required in September. *Certain income-eligible students may be able to take this course free of charge. Please contact Jeanne Durso at 631-451-4470 to determine your eligibility.* (78 hours)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99677	Eastern	Online	10/5-12/18	Online	Online

SELF-EMPOWERMENT AND SELF-IMPROVEMENT

XSH122 STRESS MANAGEMENT **Tuition $45.00**

Most people are not aware of the magnitude of stressors in their lives. This course is about learning to "positively adapt" yourself to ensure a healthier way of being. Learn to do so, as you examine personal and professional applications in managing stress. This course will give you practical tools to enhance your ability to RELAX and to handle stress more effectively.
(1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99678	Ammerman	Saturday	12/12	10:00am-1:00pm	Southampton Bldg., 125

XSH133 MINDFULNESS THROUGH MEDITATION **Tuition $35.00**

Today more than ever before, people from every walk of life are using meditation, with its tremendous health and social benefits, to enhance their personal or professional lives. This course explores Eastern and Western philosophy and meditative approaches. Please bring the following to class: a mat, cushion or blanket, paper, pencil, and a water bottle. Please dress in comfortable clothing. (1 meeting)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99680	Ammerman	Saturday	10/10	10:00am-1:00pm	Brookhaven Gym, Room

XNR120 THE MANY FACES OF DEMENTIA **Tuition $79.00**

Learn how to identify and recognize the different types of dementia and the pathophysiological features associated with each type. This course includes information about treatment, incidence prevalence, and support resources for the individual as well as for the caregiver and family. (2 meetings)

CRN	CAMPUS	DAY	DATE	TIME	ROOM
99681	Grant	Saturday	10/10-10/17	9:00am-12:30pm	Sally Ann Slacke Ctr., 103

*Course Carries Student Accident Insurance Fee of $9.50