

Adult Special Interest

Get Rid of Old, Unwanted Habits NEW

This special and fun class is for those who want to rid themselves of old habits. Using advanced and simple self-hypnosis techniques, you can change: sleeping habits, study habits, speaking habits, eating habits, and many others! And you can eliminate fears, such as public speaking, interviewing and test taking! Instructor: Dr. Linda Scholl, Doctor of Clinical Hypnotherapy and Certified Hypnotherapist with 30 years of experience.

8688	W	6:00pm-9:00pm	12/13	WSC	\$35/1 Mtg
8848	Th	6:00pm-9:00pm	1/25	WSC	\$35/1 Mtg

Smoke No More

This special class is only for those who want to let go of the smoking habit easily, effortlessly, and NOW! Join others, like Chris, who didn't think it was possible--and then ended her 55-year habit in 20 minutes using advanced techniques of NLP and hypnotherapy. Instructor: Dr. Linda Scholl, Doctor of Clinical Hypnotherapy and Certified Hypnotherapist.

8699	Th	6:00pm-9:00pm	10/5	WSC	\$35/1 Mtg
8700	Th	6:00pm-9:00pm	11/16	WSC	\$35/1 Mtg

Survive for 7 Disaster Planning Program

Is your family prepared for a major disaster? Having food, water and shelter for seven days is the new standard for personal and family disaster survival.



www.lakewoodcity.org/7days

Lakewood's "Survive for 7" disaster planning program educates residents about emergency preparedness and offers the skills they might need to survive in the first week following a catastrophe.

Do you know what to do? Do you have a plan? Fire, police and emergency medical services may be delayed in responding. You need to learn what to do, have a plan, and be prepared to take care of yourself, your family and your community.

Sign up to learn the basics of preparing for emergency situations.

8709	Tu	6 - 7 p.m.	10/10	LYC	Free
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CERT

Following a major disaster, first responders who provide fire and medical services will not be able to meet the demand for these services. Factors such as number of victims, communication failures, and road blockages will prevent people from accessing emergency services they have come to expect at a moment's notice through 911. The CERT Program is about community readiness, people helping people, rescuer safety and doing the greatest good for the greatest number. CERT is a positive and realistic approach to emergency and disaster situations where community members will be initially on their own and their actions can make a difference.



The CERT program is 21-hours of **FREE** classroom instruction and hands-on training, taught by FEMA Certified CERT Instructors in conjunction with Los Angeles County Fire and Sheriff's Department personnel. It is broken up into the following units:

- ✓ **Disaster Preparedness**
- ✓ **Disaster Fire Suppression**
- ✓ **Disaster Medical Operations I**
- ✓ **Disaster Medical Operations II**
- ✓ **Light Search and Rescue Operations**
- ✓ **Disaster Psychology & Organization**
- ✓ **Terrorism**
- ✓ **Course Review and Simulation**

During each session participants are required to wear closed toe shoes and long pants (for safety purposes). The course will be held on three consecutive days – Friday evening, all day Saturday and all day Sunday. Dinner will be served on Friday evening and lunch breaks will be given on Saturday and Sunday. You must attend all three sessions to receive your CERT certification. Participants must be at least 18 years old.

Pre-registration is required.

8799	F	5pm - 8pm	1/12	WSC	Free
	Sa-Su	8am - 5pm	1/13-1/14	WSC	Free