



## Business and Education Center

119 N. Goose Creek Blvd., Suite B, Goose Creek SC 29445

www.growthquest.net - 843-408-4732 - coach@growthquest.net

### September 2007 Class Schedule

<p style="text-align: center;"><b>Blogging for Business</b></p> <p style="text-align: center;">Wednesday September 5 @ 6:30 to 8 PM Fee: \$20</p> <p>Learn how to increase your business through blogging. This course will show you step by step how to set up your own blog in a matter of minutes.</p> <p style="text-align: center;">Instructor: Sandy Davidson, CMC</p>	<p style="text-align: center;"><b>Speak Easy</b></p> <p style="text-align: center;">Thursday September 6 @ 7 to 8:30 PM Fee: \$20</p> <p>Overcome your fear of speaking in public when you learn the secret to building your confidence. This seminar will help you develop a presentation topic and deliver it to any audience.</p> <p style="text-align: center;">Instructor: Liz Mitchell</p>
<p style="text-align: center;"><b>Business Publishing</b></p> <p style="text-align: center;">Tuesday September 11 @ 7 to 8 PM Fee: <b>FREE</b></p> <p>Learn from the experts at LowcountryToday.com how to affordably promote your business on the Internet.</p> <p style="text-align: center;">Instructors: Bill Starr and Rob Devall</p>	<p style="text-align: center;"><b>Basic Computer Maintenance</b></p> <p style="text-align: center;">Wednesday September 12 @ 6:30 to 7:30 PM Fee: \$20</p> <p>Learn how to properly maintain your computer for maximum performance. Includes proper cleaning, defragmenting, virus protection and handling and more.</p> <p style="text-align: center;">Instructor: Dallas Swindal, P.E.</p>
<p style="text-align: center;"><b>Magic for Fun and Entertainment</b></p> <p style="text-align: center;">Thursday September 13 @ 7 to 8:30 PM Thursday September 20 @ 7 to 8:30 PM Fee: \$40 for both classes Materials Fee: \$20 (magic kit)</p> <p>Come and learn magic from a master. You will learn basic principals of magic and put a few tricks up your sleeve to entertain your friends and family.</p> <p style="text-align: center;">Instructor: Brett Meyers</p>	<p style="text-align: center;"><b>Budgeting 101</b></p> <p style="text-align: center;">Tuesday September 18 @ 6:30 to 8:30 PM Fee: \$30</p> <p>A two hour intensive hands on course that will help you create a spending plan for your income and expenses. Having a monthly spending plan will help you achieve your long term financial goals.</p> <p style="text-align: center;">Instructor: Dorothea Bernique</p>
<p style="text-align: center;"><b>First Aid for the Family</b></p> <p style="text-align: center;">Tuesday September 25 @ 6:30 to 8 PM Fee: \$20</p> <p>Keep your family safe by learning exactly what to do for the most common household emergencies. Taught by a Registered Nurse</p> <p style="text-align: center;">Instructor: Luanne Vinson, RN</p>	<p style="text-align: center;"><b>Resume Writing</b></p> <p style="text-align: center;">Thursday September 27 @ 7 to 8 PM Fee: \$20</p> <p>Learn how to write a great resume and what type of resume to use for what type of job search. Take the guess work out of writing a good resume and cover letter that is sure to get noticed. Includes handouts and worksheets.</p> <p style="text-align: center;">Instructor: Renee' Patchin, MA, NCC</p>

# Continuing Classes

The following classes are ongoing classes for a series of 4 to 12 weeks.

<p style="text-align: center;"><b>Learn to Draw with Julie Henricks</b></p> <p style="text-align: center;">Wenesdays @ 6:30 PM for 8 Weeks Begins September 19 Fee: \$145 plus materials cost</p> <p>This is an eight week drawing class that will take you from “I can’t even draw a stick figure” to producing a realistic portrait. Julie uses a unique teaching style that helps you tap into the right side of your brain. No previous drawing experience or talent needed.</p> <p style="text-align: center;">Instructor: Julie Henricks Wild Goose Gallery Owner, Artist, and Art Teacher</p>	<p style="text-align: center;"><b>Social Dance Class</b> <b>Shag, Swing, Couples Line Dance, etc.</b></p> <p style="text-align: center;">Wednesdays @ 8:15 PM Begins upon meeting enrollment minimum Fee: \$30 per person for 6 weeks</p> <p>This is a six week course and will teach you basic steps with many patterns. You will be able to dance at any club or occasion with confidence.</p> <p style="text-align: center;">Instructor: Betty Seegers Native Charlestonian 15 + Years of Dance Instruction Experience</p>
<p style="text-align: center;"><b>Conversational Spanish as a Second Language</b></p> <p style="text-align: center;">Mon/Wed/Fri @ 4 to 6 PM Begins with a minimum enrollment of 6 Fee: \$10 per class session Suggested Course Length - 12 Weeks</p> <p>This course is designed for the English speaking person who wants to be able to speak and understand Spanish well enough to fluently converse in Spanish with a Spanish speaking friend/associate/client/customer</p> <p style="text-align: center;">Instructor: Carlos A. Martinez Certified English - Spanish Teacher in NC and SC</p>	<p style="text-align: center;"><b>Conversational English as a Second Language</b></p> <p style="text-align: center;">Tu/Thur @ 4 to 6 PM Begins with a minimum enrollment of 6 Fee: \$10 per class session Suggested Course Length - 12 Weeks</p> <p>This course is designed for the Spanish speaking person who want to be able to speak and understand English well enough to fluently carry on a conversation in English with an English speaking friend/associate/boss/client/customer</p> <p style="text-align: center;">Instructor: Carlos A. Martinez Certified English - Spanish Teacher in NC and SC</p>
<p style="text-align: center;"><b>Fit for Life</b></p> <p style="text-align: center;">Mondays alternating 10 AM and 7 PM Begins September 17 @ 10 AM Fee: \$20 per Session</p> <p>Would you like to make a lifestyle change for a healthier more energetic you? Want to slim down or tone up? Learn why you have cravings. A professional personal trainer will walk you through your personal fitness analysis, nutritional consultation and exercise routines you can easily do at home.</p> <p style="text-align: center;">Instructor: Sylke Cuylits, Personal Fitness Trainer AFPA Certified Nutritional &amp; Wellness Counselor AFAA Certified Group Exercise Instructor</p>	<p style="text-align: center;"><b>Relaxation</b></p> <p style="text-align: center;">Mondays @ 6:15 to 6:45 PM for 4 Weeks Begins upon minimum enrollment Fee: \$80</p> <p>Each week you will learn and experience a different relaxation technique to discover what technique works best for you. Learn to rejuvenate yourself from pressures and anxieties through the regular practice of relaxation.</p> <p style="text-align: center;">Instructor: Sandy Davidson LISW-CP</p>

All classes are held in the multipurpose room at Growth Quest Business and Education Center, 119 North Goose Creek Blvd. (Hwy 52), Suite B. Growth Quest is in the Village Center shopping center right behind the Exxon station at the intersection of Hwy 52 and Thomason Blvd. Advance registration is required for all classes. Register online at [www.ondemandoffices.com](http://www.ondemandoffices.com), or by mailing registration form with payment to: Registration, Growth Quest Enterprises LLC, 119 N. Goose Creek Blvd., Suite B, Goose Creek, SC 29445

## Registration Form

Name \_\_\_\_\_ Email \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_ Cell Phone \_\_\_\_\_  
 \_\_\_\_\_ Fee \_\_\_\_\_  
 Class Desired \_\_\_\_\_ Materials Fee (if applicable) \_\_\_\_\_  
 Amount enclosed \_\_\_\_\_ Fee Total \_\_\_\_\_

# October Classes

Basic HTML with Nick Part 1 and Part 2  
October 2 and 4 @ 7 to 8:30 PM

Understanding Insurance  
October 16 @ 6:30 to 8:30

Video Editing Part 1 and Part 2  
October 18 and 25 @ 6:30 to 8 PM

Career Options Part 1 and Part 2  
October 22 and 29 @ 6:30 to 8 PM

Marketing By Design  
October 23 @ 7 to 8:30 PM

Give Yourself a Spa Quality Manicure  
and Pedicure with Deborah  
October 30 @ 6:30 to 8 PM

# November Classes

Creative Aging  
November 1 @ 7 to 8:30

Sibling Rivalry No More  
November 6 @ 6:30 to 8 PM

Painless Parenting  
November 13 @ 6:30 to 8 PM

Build Your Own PC Part 1 (hardware)  
November 8 @ 6:30 to 8 PM

Build Your Own PC Part 2 (software)  
November 15 @ 6:30 to 8 PM

Secrets to a Happy and Fulfilled Life Part 1  
November 27 @ 6:30 to 7:30

Couples Massage  
November 28 @ 6 to 7 PM

How to Get Top Dollar for Your Home - Part 1 -  
Home Staging  
November 29 @ 6 to 7:30

# December Classes

Managing Your Weight Over the Holidays  
December 4 @ 6:30 to 7 PM

Secrets to a Happy and Fulfilled Life Part 2  
December 5 @ 7 to 8 PM

How to Get Top Dollar for Your Home Part 2  
Everything You Need to Know About the  
Home Appraisal  
December 6 @ 6:30 to 7:30 PM

Credit Repair Strategies That Work  
December 11 @ 6:30 to 8 PM

Creative Writing for Fun and Profit  
December 12 @ 6:30 to 7:30 PM

How to Get Top Dollar for Your Home Part 3  
All You Need to Know About the Home In-  
spection  
December 13 @ 6:30 to 7:30 PM