

## HOW SWEET IS IT? SECTION A



#1903

1 session, Monday, October 12  
5:30 – 7:30 PM Room 090

## SECTION B

OR

#1904

1 session, Wednesday, November 11  
5:30 – 7:30 PM Room 090  
Instructor: *Wendie Martell-Williams*  
Fee: \$19

Have a sweet tooth? Or is it sugar addiction? How do you know the difference? Compare sugar, artificial and sweeteners such as honey, maple syrup and Stevia. Explore their effect on the brain and the body. Taste test healthier alternatives. Learn about resources for ways to satisfy and meet your goals for weight management and wellness.

**Wendie Martell-Williams, MSW, CADCI**, practices solution-focused counseling at a non-profit agency in Wausau.

## APRENDA ESPAÑOL— LEARN SPANISH THE EASY WAY

#5501

8 sessions, Mondays and Thursdays,  
October 1, 5, 8, 12, 15, 19, 22 & 26  
7:00 – 9:00 PM Room 089  
Instructors: *Elba Guerron & Sue Crone*  
Fee: \$95/ \$45 College of Emeriti 1.6 CEUs

Traveling to a Spanish speaking country? This course for beginners will cover the basics of the Spanish language. Learn to communicate through easy sentences by practicing and reading with the instructors and your classmates. Handouts will be provided for at-home practice.

**Elba Guerron** and **Sue Crone** are natives of Ecuador who have several years of Spanish teaching, translation and tutoring experience.



## HOW TO GET STARTED FOR ONLINE COURSES

1. To see all the courses we offer, visit our Online Instruction Center: [www.ed2go.com/uwmcconed](http://www.ed2go.com/uwmcconed)
2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.



## BEGINNING CONVERSATIONAL FRENCH

Discover how easy it can be to learn common words and phrases for both leisure and business. This course makes pronunciation simple, with phonetic spellings for every word and phrase you need to learn. The course even includes audio. You'll also learn cultural tips in each lesson that will make you more comfortable in a foreign setting. After finishing this course, you'll be prepared to speak French in a wide variety of settings and situations.

**Requirements:** Internet access, e-mail, the Microsoft Internet Explorer or Mozilla Firefox Web browser, and the Adobe Flash plug-in and PDF reader, and a computer equipped with working speakers or headphones.

**Fee: \$89**



## CONVERSATIONAL JAPANESE

Whether you want to learn conversational Japanese for travel or just for fun, you'll find this course makes it easy and enjoyable for beginners to master the essentials of the Japanese language. You'll learn useful conversational phrases and vocabulary words, while getting a tour of some fascinating spots in Japan. You'll come away with cultural knowledge only an insider has. By the end of this course, you'll not only have basic conversational skills that will enable you to travel around the country easily, but you'll have discovered the heart of Japan!

**Requirements:** Internet access, e-mail, the Microsoft Internet Explorer or Mozilla Firefox Web browser, and the Adobe Flash plug-in and PDF reader.

**Fee: \$89**



## INSTANT ITALIAN

This dynamic course makes learning Italian fun and surprisingly easy. You'll learn how to ask directions, book a room, order a meal, and much more—in Italian! Phonetic spellings of each word and phrase make mastering pronunciation a breeze. The course audio even lets you hear and practice Italian with a simple click of your mouse. Cultural notes are included throughout the course to help you better understand the Italian people and their way of life. This course will prepare you to speak basic Italian in a wide variety of settings and situations, and it promises to enrich your experiences while traveling in Italy. Benissimo!

**Requirements:** The Windows Media Player or RealPlayer, Internet access, e-mail, the Microsoft Internet Explorer or Mozilla Firefox Web browser, and the Adobe Flash plug-in and PDF reader.

**Fee: \$89**

**Adobe Flash plug-in and Adobe PDF reader are two free downloads you obtain at [www.adobe.com/downloads](http://www.adobe.com/downloads) by clicking Get Adobe Flash Player and Get Adobe Reader.**