



*Office of Community and
Continuing Education*

We are committed to providing training to further enhance workforce skills, provide quality education leading to certificates and degrees and, offer enrichment opportunities throughout the community.

The Office of Community and Continuing Education provides the following services:

Customized Training
Continuing Education Units (CEU's)
Community Education Classes

Contact Flower at 218-335-4210 for any training needs.

Location

6945 Little Wolf Rd
Cass Lake, MN 56633

Mailing Address

PO Box 180
Cass Lake, MN 56633

Leech Lake
Tribal College
Community Education



Fall 2010

To register, call Amy at 218-335-4244

Quilting

Shawntell Mistic

FREE beginners class! We will be quilting a beautiful table runner. Class size is limited to 10 participants. **REGISTRATION IS REQUIRED.**

September 1, 8, 15

Building A, Room 110, 5 -8 p.m.

Zumba

Landy Stewart-Miyake

A fun and exciting class that combines Latin dance and fitness moves to shape and tone your body while burning calories! Dance skills are not needed to participate- just a willingness to laugh and have fun. Ditch the workout and join the party!

Open to all ages. No registration required. **FREE CLASS!**

Every Thursday in September through December

Cass Lake-Bena Elementary School Gym, 5-6p.m.

Healthy Cooking

Dawn Plumer

FREE CLASS! REGISTRATION IS REQUIRED.

Learn how to create healthy meals that are quick and easy!

September 8, October 13 & December 8

Building B, Room 204, 5 -7 p.m.

Loom Beading

Ruth White

FREE CLASS! REGISTRATION IS REQUIRED.

September 14

Building B, Room 204, 5:15 - 8:15 p.m.

Guitar Series

Jeremy Goggeye

FREE CLASS! Class size is limited to 6 participants. REGISTRATION IS REQUIRED.

This class is for beginners - open to ages 16 to adult.

Wednesdays in October through November 10th

Building B, Room 204 6 -8 p.m.

Dreamcatchers

Ruth White

FREE CLASS! REGISTRATION IS REQUIRED.

October 19

Building B, Room 204, 5:15 -8:15 p.m.

Leather Bags

Ruth White

FREE CLASS! REGISTRATION IS REQUIRED.

November 16

Building B, Room 204, 5:15 -8:15 p.m.

Baby Moccasins

Monica Johnston

FREE CLASS! Class limited to 8 participants. REGISTRATION IS REQUIRED.

December 7 & 9

Building B, Room 204, 5:30 -8:30 p.m.

Bike-Walk-Run Event

Saturday, September 11

9am- 11am

Cass Lake High School

Free Event!

Free chiropractic acupressure, on-site nutritionists, area health professionals, Zumba demo, health information and more!

DOOR PRIZES

LIGHT BREAKFAST SERVED

T-SHIRTS FOR THE FIRST 200 PARTICIPANTS

Call Flower @ 218-335-4210 for more information