Learn how to:

- Discover your purpose and mission in life
- Build high self-esteem and confidence
- Discover your inner strengths and core values
- Increase emotional intelligence and eliminate your mental roadblocks
- Achieve your goals much faster
- Empower your cultural & gender identity
- Bring balance back into your busy life

Fulfills A.A. and CSU General Ed. Requirement , Area E
Fulfills the Multicultural A.A. Degree Requirement
Class #: 70697  Tuesday’s  6:00 – 8:50PM
Questions???  Call 744-1150 x2186. Instructor: Tom Ventimiglia
Space is limited.   Enroll Now