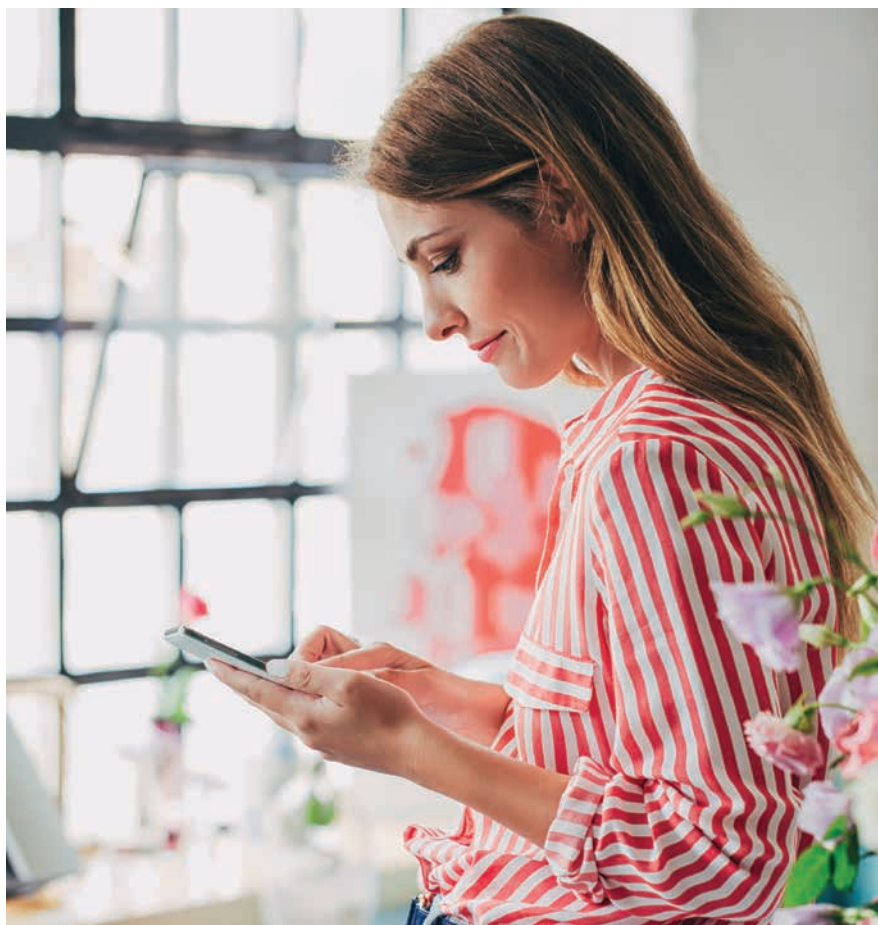


Live Life Happy

LIFESTYLE INSPIRATION FOR SUMMER 2017



It's time to bring a little razzle to your world. See what you think of these summer finds.



There's something for fun, ideas to super-size your 2017 travels and loads of things to make your everyday just go better and your home just that tiny bit more special.

SHOP THESE COURSES ONLINE
ACECOLLEGES.EDU.AU



Trending.

HEALTHY EATING

A new approach to your nutrition could be exactly what you need. Use your new knowledge to manage weight, boost energy levels and prevent disease. Learn the importance of macro-nutrients, micro-nutrients, and how to simply incorporate healthy nutrients into your daily diet.

Plus we show you how to food plan with a simple food diary and an introduction to the food database myfitnesspal on android, iphone, ipod or ipad.

22 February • 1 session
5.30pm-7.30pm • \$40

COOL BEGINNER CROCHET

Crochet is back and oh so trendy. This workshop is all about you mastering the little steps and basic stitches needed to start that very first project. Plus everyone will make a retro granny square bag to take away.

25 February • 2 sessions
9.30am-1.00pm • \$90



PLATTERS AND BOWLS IN CLAY

Have you ever looked at those amazing handmade platters, serving dishes, cheese platters or fruit bowls in stores and thought wow. Well now you can make your very own. Everyone completing these workshops creates and takes home a gorgeous piece for use in your home.

8 February • 3 sessions
9.30am-12.30pm • \$120



FAB FOOTWEAR

Dare to be different. Bring along a pair of shoes to decorate. Using buttons, ribbon and bows prepare to redesign and breathe new life into your footwear, transforming the ordinary into the extraordinary.

4 March • 1 session
9.30am-3.30pm • \$90

Go ahead and
get your friends
together and do
something for fun.
Now there's a
concept worth
thinking about.

Just say yes.

The Quiet Achiever.

MAKE A PHOTOBOOK ON IPAD

Amazingly you can use an iPad app to create a beautiful book of your photographs. This short course is great for family history projects, making special one-of-a-kind gifts and saving your travel memories. The final work can be output to a printing service and shipped to you as a bound book. How lovely would that be!

28 February • 2 sessions
5.30pm-8.30pm • \$90



Every home should have precious, character filled little pieces **made by you.**



CREATIVE IPHONE AND IPAD PHOTOGRAPHY

You have the technology, now it's time to make it work for you. Explore free apps to enhance your photos, develop editing skills and create a beautiful black and white portrait, make a slideshow; plus get the know how to output your photos to the TV, printer and other devices.

22 February • 1 session
1.30pm-4.30pm • \$60

GARDEN CREATIONS IN CLAY

Be the envy of your friends by creating your own planters and simple statuettes for the garden. You'll do all this and more by using slab, coil, pinch and decorative techniques, ready for bisque firing. At the end of the workshops you will have beautiful hand crafted objects to use in your garden. All materials are available to purchase at the studio, just arrive, relax and enjoy!

10 May • 3 sessions
9.30am-12.30pm • \$120



Creativity.

WATERCOLOUR IN BLACK AND WHITE

We all have to start somewhere. This magical little course, much loved by everyone will help you control and express beautiful colour better by using just one – Black! Create shades of light and dark, develop fresh fluid wash effects and strong dynamic pictures. Demonstrations and exercises will develop your skills and confidence. Imagine the possibilities.

4 March • 2 sessions
9.30am-3.30pm • \$150



SUMMER AND WINTER WATERCOLOUR

The warm, bright, sparkling light of a summer's day; the cold, wet drizzle and fading light of a winter's evening. Artists use a variety of techniques, colours, tones and brush work to express the different appearance and moods of the land and sea in different seasons and weather. In a few easy exercises you will paint some simplified scenes that express the varied feelings of summer and winter. Jump in.

13 May • 2 sessions
9.30am-3.30pm • \$150

Our landscape, sunlight, ocean, gardens and the incredible life we share here in the northern rivers

- inspiration is everywhere.



Trending.

UNDERSTANDING SUGAR

Have you ever thought about quitting sugar? Well this is a great place to make a start on that goal. Learn the ins and outs of sugar, how sugar affects our health from liver, skin, energy, sleep, moods and emotions, understand hidden sugars, simple ways to avoid it, know the meaning of terms like 'low in sugar', 'no sugar added', and where to find great tasting healthy sugar alternatives, their pros and cons and how to use these in your everyday.

28 February • 1 session
5.30pm-7.30pm • \$40



REFLEXOLOGY

What if you could complete a step-by-step reflexology sequence on the feet to energise or relax the body, alleviate stress, relieve pain and to aid restful sleep? Well you can, and it only takes 1 workshop to learn how.

26 March • 1 session
9.30am-3.30pm • \$90

KEEPING NATIVE BEES

Our incredible trainer can teach you all about managing a healthy native bee hive in the classroom and then show you how it works in practice out in the field. You will extract pot-honey from a honey super and dip in for a taste!

18 February • 1 session
9.30am-3.30pm • \$60

INDIAN HEAD MASSAGE

Keep on top of your stress levels this year with a quick course in massage. We concentrate on the upper back, shoulders, arms, neck, scalp and face. Some of the benefits include the easing of tension, a sense of relaxation and peace. Headaches and heaviness are relieved, muscles un-knotted and you feel calmer, now who couldn't do with a little more calm in their day.

12 March • 1 session
9.30am-3.30pm • \$90



Language.

Our language lessons are just the ticket. Specifically tailored to meet your needs and interests; they are based on real life dialogues and texts that anybody could experience in travel or everyday situations.

As you progress, your vocabulary expands, so too your confidence! You speak for longer periods, you start seeing the grammar patterns in the language and it falls into place.



ITALIAN FOR BEGINNERS AND TRAVELLERS

14 February • 8 sessions
5.30pm – 7.30pm • \$190

ITALIAN CONTINUATION

13 February • 8 sessions
5.30pm – 7.30pm • \$190

MANDARIN

15 February • 8 sessions
5.30pm – 7.30pm • \$190

SPANISH

15 February • 8 sessions
5.30pm – 7.30pm • \$190

Get more out of life – don't stop at what you know, leap into something different.

You will be surprised how much fun it is.

Say Hello.

ACE COMMUNITY COLLEGES

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