Spring
2013

COMMUNITY CONNECTIONS

Flint Hills Technical College

Continuing Education at FHTC:

Courses and programs dedicated to your personal and professional development.

Whether you're looking to learn a language, get in shape, develop as an artist, meet people, explore ideas, expand your culinary repertoire, become computer savvy, or pursue professional or personal growth opportunities, you'll find a course to meet your needs at Flint Hills Technical College.

Three Easy Ways to Enroll:

Online: http://flinthills.augusoft.net
On the Phone: (620) 341-1392
On Paper: Simply fill out the form on the back of this catalog and return it with your payment.

Give the Gift of Lifelong Learning

Community Connections gift certificates make the perfect gift for any occasion! From sushi to Spanish and Microsoft to meditation, you're sure to find something for everyone on your list. For more information, please call Jessica at 341-1392.

Teach at FHTC

We are always looking for new courses and instructors. If you have an idea for a class, lecture, or workshop, please contact Jessica at 620-341-1392, or email jehopkins@fhtc.edu. You may also download our instructor proposal form at fhtc.edu/BIC.aspx. We appreciate your interest in working with the Department of Continuing Education at FHTC.

Note:

All classes held at **FLINT HILLS TECHNICAL COLLEGE**, 3301 West 18th Avenue, Emporia, Kansas, unless otherwise noted. Advanced registration is required for all Community Connections classes.

COMMUNITY CONNECTIONS

ARTS & CRAFTS

Welcome Spring –Floral Arranging
Instructor: Paula Roper
Cost: $29
Schedule: Thursday, March 7, 7:00-8:30 PM

Join floral designer Paula Roper, of Paula's Creations, to create a colorful "Easter Basket" for your home! Participants will use fresh spring flowers and greenery, and will take home a cheerful arrangement to welcome the warmer weather!

Make Your Own Native American Style Flute
Instructor: Belinda Schlesener and Bud Southard
Cost: $20--supplies to make your own flute included!
Schedule: Wed. and Thurs., April 10-11, 6:30-8:30 PM

There's no wrong note on your Native American style flute! The first night we'll make our own flute using durable food-grade plastic. We'll discuss flute history and traditions. The second night we'll learn more about playing our flute, its beautiful scale, fingering exercises, and embellishments to have even more fun with your own flute. You'll be ready to join a local flute circle!

Treat Bags & More
Instructor: Darcy Johnson
Cost: $25—supplies included!
Schedule: Monday, March 11, 6:00-8:30 PM

Join us to learn simple ideas to make treat bags while incorporating rubber stamping. You will leave with three completed projects. The ideas are great to use for school parties, to give to someone at the office, or for any group you belong to. Children ages 10 and up are welcome. Registration deadline: March 7!

Make Your Own Ruffle Scarf
Instructor: Erin Woods
Cost: $25—supplies included!
Schedule: Thursday, March 14, 6:00-8:00 PM

Learn how to make a fun scarf using a self-ruffling yarn—no experience necessary! Grab your girlfriends and join Erin Woods for this creative class. All supplies will be provided. You do not need to know how to crochet or knit to make these scarves. Students will take home a completed scarf; a great gift or to keep for yourself!

Glass Fusion Art
Instructor: Jessie Stallings
Cost: $65—supplies included!
Schedule: Tuesdays, April 2-16, 7:00-9:00 PM

Have you always wondered how those beautiful glass fused pendants are made? Are you a glass fusion artist without a kiln? There are a number of techniques in glass fusion. In this class you will have the opportunity to learn about and complete full fuse, tact fuse, fossil, and recycled glass bottle pieces. Please bring small pieces of plant material and glass bottles (such as wine, beer or pop bottles) for week 2. All other supplies will be included. You will create 4 original glass pieces over the course of the class.

Photography in the Field
Instructor: Casey Wilson
Cost: $99
Schedule: Thurs., May 9, 6:00-8:00 PM, Sat., May 11, 4:00-Dark, and Tues., May 14, 6:00-8:00 PM
Location: Emporia Arts Center, 815 Commercial

Improve your outdoor photography! In this class students will shoot out in the field with Casey. This class is hands-on learning. Students will learn location lighting tips on portraits and landscapes, and will be introduced to Nighttime Photography. The last class will be a student review and critique of their photography. Must bring a tripod. Prerequisite: Photography I or instructor approval.

PERSONAL INTEREST

Motorcycle/ ATV Service and Repair
Instructor: Chance McGinnis
Cost: $45
Schedule: Friday, March 8, 6:00-8:00 PM and Saturday, March 9, 9:00 AM- 12:00 PM

Get your motorcycle or ATV ready for the warm weather. In this class we will cover basic service steps to keep your motorcycle or ATV running smoothly. Instructor Chance McGinnis will cover the basics of changing your oil to carb adjustments to checking your valves. Students are encouraged to bring their personal motorcycle or ATV to class for more hands-on experience.

PiYo Yoga
Instructor: Carrie Poersch
Session 1 (7 weeks): Thursdays, March 14-April 25, 5:30-6:30 PM
Cost: $29
Session 2 (4 weeks): Thursdays, May 9-May 30, 5:30-6:30 PM
Cost: $19

PiYo is the perfect fusion of yoga, pilates, sports training, and core conditioning that will help kick up the calorie burn, build muscle, and transform your body. The dynamic blend of movement increases strength, core stability, flexibility, and agility. Class will end with a short, well deserved relaxation to help calm your mind and reduce stress. Please bring a yoga mat with you to class.

iPad for Work
Instructor: Steve Harmon
Cost: $15
Schedule: Monday, April 1, 5:30-7:30 PM

During this informal and interactive session, students will learn about the many features that make the iPad a wonderful tool for work. This class will cover connecting an iPad to an external display, creating iPad presentations with Keynote, creating iPad presentations with third-party apps, controlling a computer remotely with an iPad, keeping to-do lists synchronized, managing and editing files with third-party apps (QuickOffice), and iCalendar and iCLOUD. Students are encouraged to bring their iPad to test out their new skills! If you have specific areas you would like help with, please email jehopkins@fhtc.edu prior to the class.

iPad Media Management
Instructor: Steve Harmon
Cost: $15
Schedule: Monday, April 8, 5:30-7:30 PM

If you're not sure what to do with all your photos and video clips on your iPad, or are interested in learning more about media management, this class is for you! During this class, Steve will discuss taking pictures and movies, importing and editing photos, editing and sharing movies, video conferencing, preparing audio and video files for the iPad airplay, HomeSharing, streaming media, and copying media. Students are encouraged to bring their iPad to test out their new skills! If you have specific areas you would like help with, please email jehopkins@fhtc.edu prior to the class.

COMMUNITY CONNECTIONS

Self-Defense/Karate
Instructor: Giovanna Follo
Schedule: Mondays, April 1-May 6, 5:30-7:30 PM
Cost: $65

This class is intended to teach self-defense and karate. As part of learning, students will learn to defend from certain situations, learn karate and work on physical fitness. All levels are welcome. Moves and exercises can be modified; don't let your fitness level or past/current injuries stop you. With a 3rd Degree Black Belt, and over 20 years' experience in karate, instructor Giovanna Follo will provide the necessary skills for personal safety. Be prepared to move during this two hour class. Empower yourself.

Lawn Mower Service and Repair
Instructor: Chance McGinnis
Cost: $45
Schedule: Friday, April 19, 6:00-8:00 PM and Saturday, April 20, 9:00 AM- 12:00 PM

Get your mower ready for the spring and summer weather. In this class we will cover basic service and upkeep to help your mower lasting its full life. Topics include: Oil changes, blade sharpening, setting deck height, cleaning the carburetor and checking valves. Students are encouraged to bring their riding or push mowers to class for more hands-on experience.

Fly Fishing with Bill
Instructor: Bill Hartman
Cost: $39
Schedule: Tuesdays, April 16-30, 6:00-7:30 PM

Have you ever wanted to learn to fly fish? Join local fly-fishing expert, Bill Hartman, who has taught students the art of fly fishing for years. During this class, students will receive casting instructions and will also learn how to tie your own flies. Bill will cover the best techniques and practices, as well as practical advice for purchasing your own rod. Similar to courses offered at regional fly fishing schools, this class will also offer a hands-on casting day and provide information and resources for local fishing excursions.

Price Matching 101
Instructor: Jessie Wagoner
Cost: $15
Schedule: Thursday, April 18, 6:30-8:30 PM

How much money are you spending on groceries every month? What could you do with an extra $20 or $50 every week? You can save a considerable amount of money every month on your grocery bill by price matching items. Learn the best tips and tricks from a mom of six who strives to feed her children healthy nutritious foods and still keep her grocery budget under $400 a month. Enroll today and watch your savings add up! Start your savings today! Enroll for both Extreme Couponing AND Price Matching 101 for only $20!

BARGAIN BUSTER!
Learn to Play Disc Golf
Instructor: Don Carter
Cost: $35; mid-range and putter discs are included!
Schedule: Fridays, April 19-May 3, 5:30-7:30 PM

This 3 week course presented by Dynamic Discs is designed to be a starting point for new disc golfers. Students will learn about discs, game rules, flight patterns, throwing mechanics and more. These hands-on sessions will provide students with the chance to begin playing disc golf at Jones Park and Peter Pan Park. This class is geared towards beginners, but all skill levels are welcome.

Extreme Couponing: Emporia
Instructor: Lindsey Smith
Cost: $15
Schedule: Tuesday, May 7, 6:30-9:00 PM

Back by popular demand, 'Extreme Couponing: Emporia' will teach you everything you need to know to be coupon savvy at your next trip to the store. Together we'll learn in's and out's of couponing from what coupons to save, how to use them, and where to find the best deals to cut your grocery budget in half - or more! Whether you are a coupon newbie trying to save a little money, or a couponing veteran ready to learn a few new tricks, everyone will learn something. If you're ready to get back on budget, this class is for you! Start your savings today! Enroll for both Extreme Couponing AND Price Matching 101 for only $20!

BARGAIN BUSTER!
eBay: Buy, Sell, Build a Business!
Instructor: Seth Carter
Cost: $15
Schedule: Tues. and Thurs., April 9 and 11, 6:00-7:30 PM

Have you ever wondered why so many people use eBay? In this class you will learn the basics of buying and selling on eBay. Pointers on items, how and why to avoid certain buyers/sellers will be included. If you have ever wanted to try eBay but you were unsure how to do it, now is the time to figure it out. Buying and selling on eBay really can be quite the pain free process if you know what you are doing. If you are interested in making some money or saving some money this is the class for you. Bring your questions and your items and let's get you started using eBay today!

CULINARY ARTS

Gourmet Cupcakes
Instructor: Cristina Hernandez
Cost: $49
Schedule: Tuesdays, March 19-April 2, 6:00-8:00 PM

With over 20 years' experience in cake decorating, instructor Cristina Hernandez will teach students the best "insider" tips and tricks for creating delicious and beautiful cupcakes! From fancy frosting to tasty fillings, the possibilities are endless! Cupcakes are easy treats for office parties, birthdays and family gatherings!

Breadmaking Basics by Farmgirl Fresh
Instructors: Megan and Mary Allen
Cost: $15
Schedule: Tuesday, April 9, 6:00-8:30 PM

Learn the art and satisfaction of breadmaking with Mary and Megan Allen, a mother-daughter team AKA Farmgirl Fresh, who bake year round and for the Council Grove Farmer's Market season. This class will show you how simple it is to make whole wheat yeast bread from scratch, with wholesome whole grains we'll mill in class. You will be amazed at how light, tasty, and nutritious your finished product will be, not to mention how therapeutic the kneading process is. Each student will learn to make basic bread, and how to spin off of our recipe in making dinner rolls, sweet rolls, and pizza dough. Tips, recipes and nutrition information will be included in handouts, each student will take home their own mini-loaf of honey whole wheat bread, and we'll have a taste-testing of fresh bread and jam during the question and answer session. This is a beginner level bread making class designed to give confidence to anyone desiring to add to their back-to-earth, healthier lifestyle approach. Sponsored in part by the Emil Babinger Charitable Trust.

COMMUNITY CONNECTIONS

Mexican Cooking with Cristina
Instructor: Cristina Hernandez
Cost: $29
Schedule: Friday, April 12, 6:00-8:30 PM

Have you ever wanted to make your own tortillas or tamales, but didn't think you had the time or the talent? Cristina Hernandez will share authentic recipes for tortillas, tamales and Mexican wedding cookies that are fast, simple and delicious! Students will take home their tamales to cook, and will also leave with other delicious treats.

Wicked Powerballs and Energy Snacks
Instructor: Gretchen Russell
Cost: $29
Schedule: Tuesday, April 23, 6:00-8:30 PM

A favorite in the underground cycling scene, Gretchen Russell will be sharing a variety of her popular protein-packed snacks. From Wicked Power Balls to Chia-Chip Bites, these snacks will provide sustained energy for those grueling rides or long days at the office. Recipes are gluten free and vegan, and students will leave with goodies to take home! This class is perfect for cyclists, athletes or those looking for healthy snacks on the go.

Intro to Home Cheese Making
Instructor: Charlene Osman
Cost: $15
Schedule: Saturday, May 18, 1:00-4:00 PM

In this hands-on class we'll learn how to make butter, yogurt, and several fresh cheeses. Be prepared to cook, taste, and take some of our creations home with you! Raw milk will be used in this class. Sponsored in part by the Emil Babinger Charitable Trust.

PROFESSIONAL DEVELOPMENT

DIY Guide to Home Based Business
Instructor: Chelsea Gerleman and Vanessa Apodaca
Cost: $59; includes "True Color" resources.
Schedule: Tuesdays, March 5, 12, 26, 6:30- 8:30 PM

In today's economy, almost everyone is looking for a fun and easy way to supplement their income. Discover how to be your own boss with a flexible schedule and the opportunity to make real money. This course will help you discover your "True Color" through a personality assessment. These tools will help you understand how that will lead you to living your dream. Join instructors Chelsea and Vanessa and other guest-speakers, as they share their home-based business success stories and how YOU can make it happen too!

OSHA General Industry Training
Instructor: David Budke
Cost: $149; Lunch will be provided.
Schedule: Thursday and Friday, March 21-22, 8:00 AM-5:00 PM

The OSHA Outreach Training Program for General Industry provides training for workers and employers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces in general industry. The program also provides information regarding workers' rights, employer responsibilities, and how to file a complaint. Through this training, OSHA helps to ensure that workers are more knowledgeable about workplace hazards and their rights.

FARMERS MARKET SERIES
Sponsored by the Emil Babinger Charitable Trust

EMPORIA FARMERS MARKET
SINCE 1982
The Best of Home Grown, Home Baked and Hand Crafted by Local Farmers, Gardeners and Artisans

Planting the Seed
Instructor: John Crisp
Cost: $5
Schedule: Tuesday, March 12, 6:00-7:30 PM

You've established that you want to start a garden this year but where to begin? Don't let the seed catalogs overwhelm you. We'll discuss how to determine how much seed to order, what types, when to plant them, and how. Set yourself up for success this planting season! Sponsored in part by the Emil Babinger Charitable Trust.

Twice the Garden, Half the Work
Instructor: Ben Stallings
Cost: $5
Schedule: Saturday, March 23, 1:00-3:00 PM

Most gardening books and classes focus on creating ideal conditions, which usually turns out to be a lot of work. By taking a more holistic, integrative approach -- and doing some first-hand experimentation -- we find that many gardening rules we have learned and followed for years are misconceptions. This class will examine the various reasons why traditional gardening is so much work and how we can have far more productivity with far less effort. Sponsored in part by the Emil Babinger Charitable Trust.

Water Wise Landscaping
Instructor: Ben Stallings
Cost: $5
Schedule: Saturday, April 13, 1:00-3:00 PM

You may think that you have to water your yard or garden every few days to keep it from turning into a desert during a dry year like 2012, but it's surprisingly easy to keep things growing and green all summer long without running up your water bill. This class will cover contouring, soil amendment, rainwater catchment, microirrigation, microclimates, plant selection, and mulching. Sponsored in part by the Emil Babinger Charitable Trust.

Raising Fruit and Veggie Eaters
Instructor: Tracy Simmons
Cost: $5
Schedule: Tuesday, April 30, 6:00-8:00 PM

Forget food pyramids and clean-your-plate clubs, in this session we will examine where our food rules and mythology originate and talk about ways to engage our children in the discussion and make better food choices for healthy living. Sponsored in part by the Emil Babinger Charitable Trust.

Trash to Treasure: Tire Recycling
Instructor: John Crisp
Cost: $5
Schedule: Thursday, May 16, 6:00-8:00 PM
Location: Shepherd's Valley Farm, 2408 S 100 Rd, Americus, KS 66835

"Turning" those cast-off tires into useful, practical items is the focus of this course. You'll be learning some hands-on tricks of the trade into turning tires inside out, and you'll see several projects for turning tires into garden planters, raised beds, lawn edging, decorative fountains, composters, livestock feeders, berms, steps, horse swings, and much more! Recycling tires helps clean up the environment and make something valuable, functional, and beautiful at the same time. John Crisp has been recycling used tires into beautiful creations for several years. Sponsored in part by the Emil Babinger Charitable Trust.

Wild Edibles/Wildcrafting Adventures
Instructor: John Crisp
Cost: $5
Schedule: Saturday, May 18, 8:30 AM-12:00 PM
Location: Shepherd's Valley Farm, 2408 S 100 Rd, Americus, KS 66835

Stories, local history, plant identification, recipes, and more are all part of our fascinating adventures along the trail. We will cover 2+ miles of trail. You'll learn more than you ever thought possible and get a new perspective on the practical uses of edible and medicinal plants. Fishing plants,

fire-starting plants, Kansas bananas, Vitamin C drinks, sweet water from a grape vine, pine needle tea, medicines, poisons, life-saving information, and a visit to an Indian earth
lodge are part of the May trek. So, put together a group of family and friends, and let's take a hike! Sponsored in part by the Emil Babinger Charitable Trust.

SUSTAINABLE LIVING CENTER

Do It Yourself (Mostly) Bike Repair

Instructor: Shawn Honea
Cost: $18
Schedule: Wednesday, March 27, 7:00-9:00 PM

Warmer weather is just around the corner, which means time to get your bikes road ready. This class will cover general bicycle repair: changing flats, cleaning drive train, knowing your bike, understanding tools, do's and don'ts, and basic bike knowledge. Ride your bike to class!!

What You Don't Know about Energy Efficiency

Instructor: Ben Stallings
Cost: $18
Schedule: Saturday, May 4, 1:00-3:00 PM

You've probably read articles in magazines and newspapers about how to make your home or business more energy efficient, but there are some surprising and important facts that get left out of those popular articles. Come prepared to test your knowledge and leave with some new perspectives on how to save money and energy!

Global Sustainability Village

Instructors: Glenn Fell and John Crisp
Cost: $20; ESU Students sponsored by Community Hornets only pay $5!
Schedule: Fri., April 19, 6:00 PM-Sun., April 21, 9:30 AM
Location: Shepherd's Valley Farm, 2408 S 100 Rd, Americus, KS 66835

Camp in a global village for a weekend at Shepherd's Valley farm consuming only food produced on the farm. The Village will be divided into four nations: Guatemala, Malawi, Bangladesh, and USA. You will be assigned to live in one of these nations. Each nation receives minimal and unevenly divided resources and must trade with each other to get enough to eat. The first night they are given resources to trade for the first night's meal. The second day they work on the farm to earn more resources for the second nights' meal. Food will be cooked on small camp fires. Each nation will receive resources reflecting a different aspect of sustainable food production, including Soil, Water, Energy and Human-made resources. There will be discussion on sustainable local food production, near where we live and globally. You will learn something of what it means to be a subsistence farmer in a poor country. This is powerful, hands-on, experiential learning. You will disconnect from cell phones, TV and computers for the weekend. The class will begin on a Friday evening at 6 pm and end on Sunday morning at 9:30 am.

Overdressed: Cheap Clothes are just Cheap

Instructor: Kitty Frank
Cost: $29
Schedule: Tuesdays, May 7 and 14, 6:00-8:00 PM

Do you have an overstuffed closet with nothing to wear? Eight pairs of black pants but you're digging through the laundry to find your favorite pair? Getting ready to purge your wardrobe for summer? What does fashion have to do with sustainability? Based on the book OverDressed: The Shockingly High Cost of Cheap Fashion, find out how the shopping choices of American women are overwhelming our planet. The first session will be a discussion of the global impact created by fast fashion. You'll learn why you keep buying the same items over and over with little to no satisfaction. In the second session, students are encouraged to bring clothing items, and will have hands-on access to refitting, modifying or refashioning tricks.

Flint Hills Sustainability Fair

Mark your calendars for the Flint Hills Sustainability Fair to be held Saturday, April 27th from 9 a.m. – 1 p.m. at the Flint Hills Technical College Campus, 3301 W. 18th Avenue. The Flint Hills Sustainability Fair is a free community event for you and your families to learn about green living. We are excited to announce that the Farmers Market will be at the event again this year! To find out how your business or organization can participate, please contact Amy Becker with Flint Hills Technical College at 341-1335.

Resourceful Kansas Road Show

Don't miss your opportunity to save money and reduce energy consumption. This program, funded by the U.S. Department of Energy, is specifically designed to engage Kansas organizations on energy efficiency and renewable energy opportunities. The half-day seminar on May 1st will focus on topics surrounding: building envelope, energy studies and audits, funding and financing, HVAC, lighting, and renewable energy technology. On average, participating organizations have saved $4,500 annually by applying energy conservation tactics from Resourceful Kansas seminars. This event is provided free of charge and includes lunch. Registration is required. For more information, to learn more about the program leaders and to register please visit www.resourcefulkansas.org.

KIDS CORNER

Kids College 2013

Cost: $50
Schedule: Monday-Thursday, June 3-6, 1:00-4:00PM

Kids College is a week-long, half-day activity designed just for children that have completed 4th, 5th or 6th grade. Children will have the opportunity to explore a variety of careers with lots of fun, hands-on activities! Space is limited to 20 children. Reserve your child's spot quickly!

SHORT TERM
WORK READINESS WORKSHOPS

Enroll by contacting Alice Bliss, 620.341.1386 or abliss@fhtc.edu

Money Matters – Tips to make it through a Financial Crisis

March 4 – March 15 | Monday through Friday | FHTC Downtown Campus
$30 materials fee | Monday through Friday | 8:30 a.m. - 3:30 p.m.

Safety First in the Manufacturing Industry - First Aid/CPR, OSHA 10 for General Industry & Forklift Training

March 25th – April 5th | Monday through Friday | FHTC Downtown Campus Rm. 302
$30 materials fee | Monday through Friday | 8:30 a.m. - 3:30 p.m.

Made possible through FHTC Workforce Training Center, FHTC Customized Training, FHTC Community Connections & Various Community Partnerships Sponsored by: Navrats

FLINT HILLS TECHNICAL COLLEGE

WORKFORCE TRAINING CENTER

Introducing
The National Work Readiness Credential (WRC)

The National Work Readiness Credential certifies that jobseekers possess the academic and soft skills needed to be successful in today's fast moving workplace.

Excellent for Individuals who

- Need to demonstrate to prospective employers that they have the knowledge and skills for successful performance as entry-level workers
- Need to build up their resume while working toward getting their Kansas High School Diploma
- Need a way to set their application apart from the rest of the applicant pile
- Are looking for training that will give them the secrets behind getting raises and promotions
- Do not have extensive work history

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Flint Hills Technical College

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620 Constitution • Emporia, Kansas 66801
3021 Eaglecrest Dr. • Emporia, Kansas 66801
215 West 6th Avenue • Emporia, Kansas 66801

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COPY AND SHARE!

REGISTER ONLINE AT HTTP://FLINTHILLS.AUGUSOFT.NET

Important Note: We respect your privacy! Please visit http://www.fhtc.edu/BIC.aspx to view our privacy and refund policies.

ENROLLMENT

Student Name_____ Date of Birth_____/_____/_____

Address_____ City, State & Zip _____

E-mail_____ Day Phone:_____

COURSE INFORMATION

☛ Seminar/Course Name _____

Starts: _____/_____/_____

COURSE FEES & PAYMENT

☛ Tuition Costs Plus Total Fees = _____

❑ Check payable to Flint Hills Technical College enclosed

❑ Credit Card ❑ Mastercard ❑ VISA ❑ DISCOVER

Card # _____ Expiration Date:_____

Card Signature: _____

☛ ❑ PLEASE Sign me up for the monthly e-newsletter

Phone Registration: 620-343-4600
Fax Registration: 620-343-4610
E-MAIL: jehopkins@fhtc.edu

MAIL REGISTRATION TO:

FHTC
Attn: Community Connections
3301 W. 18th Street
Emporia, KS 66801

*You will recieve one e-mail per month or newsletter with the latest information on continuing education and customized training programs at FHTC. Your e-mail or personal information will **not** be shared with **any** third parties.*