

# OYSTER RIDGE

# OUTLOOK

VOLUME 13, ISSUE 6

JUNE 1, 2020

OYSTER

BOCES Kemmerer Outreach

Ridge



*Building a foundation through community education and skill sets.*

## MARK YOUR CALENDARS

**JUNE 8-** FINDING  
FINANCIAL STABILITY IN  
TURBULENT TIMES

## CONTACT US

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## WHO WE ARE

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## UPCOMING BOCES COMMUNITY CLASSES

### Finding Financial Stability in Turbulent Times

June 8th 7-8pm **FREE** All ages welcome

**ONLINE - Take this class from the comfort of your own home!**

Register by May 29, 2020

In this free webinar, we'll explore topics such as the essential role of cash in your personal finances, the value of keeping a long-term investment outlook, ways to bring more stability to your investment portfolio, and more. This webinar will be about 45 minutes long, with 15 minutes left at the end to answer questions.

**THIS IS AN ONLINE CLASS PRESENTED THROUGH THE VIDEO-CONFERENCING PROGRAM ZOOM.**

**Call BOCES at 307-877-6958 or visit [kemmereroutreach.com](http://kemmereroutreach.com) to register.**

## BOCES UPDATES

### Oyster Ridge BOCES is looking for Community Education Instructors!

Oyster Ridge BOCES offers a variety of personal enrichment classes to the community year-round. And for this upcoming Fall/Winter, we want to offer new options for people to get out of the house and LEARN SOMETHING NEW!

To do this, we are looking for new instructors to teach **FALL/WINTER 2020** classes!

Do you have a skill/talent that you would like to share with people? Now is the perfect chance! Do you have exceptional computer skills? Do you have a green thumb? Do you make amazing pastries? The skill/talent could be anything! We are always open to try a class.

**Interested? Call the BOCES at 307-877-6985 for more information.**

## HiSET(GED Equivalent) and English Classes (ESL) Clases de Ingles

- Reach your goals on your time. We offer a flexible schedule. Streamlined process focused on your needs and your learning style.
- Increase your earning potential.
- Improve English skills - Listening/Speaking/Reading/Writing.
- Registration and materials only \$20! Call or come in to set up an appointment.



## MAY ED2GO Classes

### ED2GO Non-Credit Classes:

Update your skills, discover a new talent, or chart a new career path at your own pace and at your convenience! Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. All courses run for six weeks (with a two-week grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more.

### How to Get Started:

1. Visit our Online Instruction Center at: [www.ed2go.com/kemmoutreach](http://www.ed2go.com/kemmoutreach)
2. Click the Orientation link and follow the instructions to enroll and pay for your course. You will also be provided an opportunity to choose the name and password you will use to access your online course. This step is critical! You cannot access your course until you complete orientation.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with the name and password you provided during orientation.

### Featured Ed2Go Classes:

#### Certificate in Wellness and the Environment

Humans interact with the environment constantly. Building your knowledge can help you take action to improve your health, well-being, and the environment around you. This course focuses on the various ways the environment impacts human health. You will first learn about air and water safety, the global impacts of overpopulation and climate changes, and common health hazards found in the home. You will then learn steps for preventing or controlling disease, injury, and disability related to the interactions between people and their environment. Poor environmental quality has the greatest impact on people whose health status is already at risk. But with environmental health education, you can help address the societal and environmental factors that increase the likelihood of exposure and disease.

### Featured Ed2Go Classes Continued:

#### Certificate in Meditation

Although there are many ways to meditate and many different forms of meditation, they all share a unifying characteristic: Each focuses on intentionally training a person's attention and concentration. Meditation practices have been used by cultures around the world for thousands of years.

In this online course, you'll explore the many meditation techniques that can be used to support the mind-body connection and promote healing and wellness. The course is designed for health professionals and nurses as well as general consumers. As you'll learn, meditation's health effects have been well documented. The practice offers improvement of the symptoms of various diseases and allows practitioners to experience a deeper spiritual connection. This course will guide you as you discover how the practice of meditation can be used to increase mindfulness, reduce stress, deal with pain and illness, and support overall well-being.

*Life begins at the end  
of your comfort zone.*



- Western Wyoming Community College Graduation is being held in an online format June 27.
- All Western Wyoming Community College campus buildings will be closed the whole month of June.
- A majority of Summer 2020 Western Wyoming Community College courses will be taught in an online format for the entirety of the semester.



## REMINDERS

\* DATES FOR FUTURE TUMBLING WITH BOCES SESSIONS WILL BE RELEASED SOON. STAY TUNED!

\* YOU CAN NOW REGISTER FOR ANY OF OUR COMMUNITY EDUCATION CLASSES ONLINE AT [www.kemmereroutreach.com](http://www.kemmereroutreach.com)

\* LOOKING TO TAKE WESTERN WYOMING COMMUNITY CLASSES THIS FALL? CALL BOCES TODAY FOR AN ADVISING APPOINTMENT!

\* LIKE THE OYSTER RIDGE BOCES PAGE ON FACEBOOK FOR MORE UPDATES!



Find the mistake in our newsletter and win a prize! Come to BOCES to collect.