ELECTRONIC SERVICE REQUESTED
Reminder!
Health & Wellness Drop-in Policy

We are happy to announce that our office will accept drop-in registrations for individual Health & Wellness classes. Please call our office for details.

Important Information
The Office of Community Education classes are self-supporting, therefore we count on registration fees to pay our instructors, supplies and equipment. Once a class has started we are unable to offer any refunds. Requests prior to the start of class can be made directly to the Office of Community Education by contacting: (315) 574-4003

Please note that we will charge $25 for any returned check.

Herkimer College reserves the right to change any information within this catalog without notice.

Herkimer College does not advocate any particular point of view presented in the courses offered in this brochure.

Herkimer College requests that before you participate in any activity requiring physical exertion, that you consult with a physician.

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Select Camp(s)

- _All Sports Camp: $80/$140/$200/$260 (7/18 - 7/21)
- _Boys Baseball Camp: $99 /$150 (6/27 - 6/30)
- _Boys Basketball Camp: $110 (7/25 - 7/28)
- _Boys Basketball Camp: $110 (8/1 - 8/4)
- _Boys and Girls Soccer Camp: $135 (7/11 - 7/15)
- _Girls Basketball Camp: $100 (8/8 - 8/11)
- _Softball All-Skills Camp: $100 (7/18 - 7/21)

Please make all checks payable to: Herkimer College-FSA

Send Completed Registration Form and Payment to:
Herkimer College
Rich Dawkins, Assistant Director of Athletics
100 Reservoir Road
Herkimer, NY 13350

Camper/Parent Contact Information

Camper's Name:__________________________________________________________
Address:_______________________________________________________________
City: ____________________  Zip:_________________________
Age: _______  Grade: _______  Boy or Girl:________
T-Shirt Size*: Youth sizes - S  M  L  XL  (*ONLY for camps that offer t-shirts)
Adult sizes - S  M  L  XL
Parent's Names:__________________________________________________________
Home Phone:________________________  Cell Phone:__________________________
Email Address: __________________________________________________________

Please list any allergies or medical issues we should know about:
___________________________________________________________________________

Emergency Contact Information

Name: ________________________________
Relation: ______________________________
Home Phone:________________________  Cell Phone:__________________________

Method of Payment:
☐ Check  ☐ Visa  ☐ MasterCard
Credit Card #:___________________________________________________________
Exp. Date: __________ CVV# (found on back of card, 3 digits)___________
Name as it appears on card: ________________________________________________

Prior to participation to any athletic camp, campers must have a signed Herkimer College Athletic camp permission form found on the previous page
Herkimer College Athletic Camp Participation Release

I, __________________________, DOB _____/_____/______, give permission for my child, ______________________________________, to participate in the athletic program held at Herkimer College. I understand that participation in the athletic summer camp program and other activities associated with an athletic camp have an inherent risk factor, and that all appropriate precautions will be taken for the safety of my child. Nevertheless, I agree not to hold Herkimer County Community College, Herkimer County Community College Faculty Student Association, or any of their employees, agents, or affiliates (hereinafter “Herkimer College”) responsible in the event of injury to my child. I do hereby release Herkimer College from any and all liability arising out of participation in the associated athletic activity.

I certify that my child is physically able to participate in the athletic camp activities and that I know of no restrictions, physical impairments, or any other facts, which in any manner may limit his/her participation in such activities. However, I understand the risk of injury to my child from the activities involved during camp is significant, including the potential for permanent disability or death. While the particular camp rules, equipment, and personal discipline may reduce it, the risk of serious injury continues to exist during camp activities such as, but not limited to, contact with other campers while playing a game, contact with the floor, wall, goal posts, or equipment which are part of the playing area, and strenuous exertions, quick movements, and changes of speed which place stress on the cardiovascular, muscular, and skeletal systems. I/we (Parent/Guardian and camp participant) knowingly and freely assume all such risks, known and unknown, and I/we assume full responsibility and liability for participation in camp by my child. In case of injury, I give permission to the Herkimer College staff and volunteers and/or hospital staff to administer proper medical assistance to the abovenamed participant. I agree not to hold Herkimer College responsible in the event of injury to my child and I hereby release Herkimer College from any and all liability arising out of participation in the associated athletic activity.

Additionally, I will be financially responsible for any medical attention needed during the camp or resulting from an injury received at the camp. I certify that I have adequate health and medical insurance coverage for my child covering any and all activities related to the camp. My medical insurance shall be the insurance coverage for any medical treatment. I also understand and agree that Herkimer College or any of its agents or affiliates shall not assume, or be responsible or liable for expense, medical treatment, or compensation for any injury my child may suffer during camp participation or related activities.

I hereby grant permission to Herkimer College and/or its assigns, clients, or agents, full permission to use, publish, and copyright, either in whole or in part, photographs or other images or likenesses of my child in the form of videotape, film or digital stills, or any other medium depicting participation in a Herkimer College athletic activity. Such material may be used with or without the child’s name in publications, television, billboards, online, social media and other media for promotion and advancement of the College. This permission is given without expectation of remuneration.

Parent or Guardian (Please Print) or Participant 18 years or older

______________________________
Signature

______________________________
Date

______________________________
Date

______________________________
Signature

Health & Wellness

Gentle Yoga
Enjoy the healthful benefits of nurturing physical postures and stretches, restorative movements to help relieve stress, tight muscles and restrictive physical health.

A - Thursday: 4:30pm to 6pm
June 2, 9, 16, 23, 30; July 7
Fee: $54

B - Thursday: 4:30pm to 6pm
July 21, 28; Aug. 4, 11, 18, 25
Fee: $54

Yoga For All
This class offers introduction to pranayama (breath work), asanas (postures) and savasana (meditative relaxation).

A - Tuesday: 6:15pm to 7:45pm
June 7, 14, 21, 28; July 5, 12
Fee: $54

B - Tuesday: 6:15pm to 7:45pm
July 26; Aug. 2, 9, 16, 23, 30
Fee: $54

*For all Yoga classes, please bring a non-slip mat. Blanket and pillow are recommended.

Interval Training
Burn fat and get firm with this easy to follow kickboxing and step aerobic interval workout. Basic step with punches and kicks, followed by toning for your arms, core and abs.

A - Monday: 6pm to 7pm
June 6, 13, 20, 27
Fee: $30

B - Monday: 6pm to 7pm
July 11, 18, 25; Aug. 1, 8, 15
Fee: $36

Pilates
These exercises strengthen and tone muscles and provide flexibility and balance for individuals of all ages, shapes and sizes.

A - Monday: 12:30pm to 1:15pm
June 6, 13, 20, 27
Fee: $26

A - Wednesday: 12:30pm to 1:15pm
June 1, 8, 15, 22, 29
Fee: $33

Aqua Fit
Jump right into our aqua classes and build cardiovascular fitness and strength. Just like swimming, our water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes. Please bring your own noodle.

Saturday: 9am to 9:45am
June 4, 11, 18, 25
Fee: $29

30 Minute Step
This 30 minute mini step aerobic interval workout will give you the basics to strengthen and tone your arms and core!

A - Wednesday: 5:30pm to 6pm
June 1, 8, 15, 22, 29; July 6
Fee: $18

B - Wednesday: 5:30pm to 6pm
July 20, 27; Aug. 3, 10, 17, 24
Fee: $18
Youth Programs

Outdoor Fun
Students will enjoy a wide variety of outdoor games and activities. Campers will participate in ultimate frisbee, kickball, scavenger hunts, water activities, tag and more. Activities will be age appropriate and help to develop teamwork, problem solving and leadership in the outdoor environment. Campers will enhance their social development, self-esteem, build healthy relationships, cooperation and experience the thrill of discovery and have fun. Ages: 6 -13.
Monday - Thursday
9am to 12pm
June 27-30
Fee: $72

Art Camp
Let your imagination run wild during this summer art camp! Kids will create wonderful artwork through the use of oil pastels, watercolors, plaster, clay & wire! Both outdoor and indoor art projects will take place during this camp along with a mini art show at the end of the week! Ages: 6-11
Monday - Thursday
12:30pm to 3:30pm
July 11-14
Fee: $89

Weather Watchers
Are you interested in learning more about the weather in Central New York? If so, this camp is for you! Learn about different kinds of weather from lake effect snow to thunderstorms, hurricanes and tornadoes. WKTV Meteorologist Bill Kardas will show you how to track the weather at home and around the world. Ages: 9-13
Monday - Thursday
10am to 12:30pm
July 11-14
Fee: $69

Robotics Mini-Camp (AFRL)
This camp is provided in partnership with the Air Force Research Laboratory of Rome, NY. Students will be introduced to programming mobile robots, various types of sensors, applying measurement & geometry to calculate robot navigation, experimental process, and experiment documentation using LEGO Mindstorm Robotic kits.
Ages: 10-13
This course is partially underwritten by AFRL.
Monday - Thursday
8am to 12pm
July 11-14
Fee: $29

Calling All Fashionistas!
Students will learn about personal style, natural beauty, primary and secondary colors in fashion. And at the end of the week, the class will stroll the runway showing off their completed work. The projects will include techniques such as tie-dye, bedazzling, headbands, homemade purses and much more! Ages: 6-11
Monday - Thursday
9:00am to 12:00pm
July 18-21
Fee: $85

SAT/ACT Preparation - Part 1
Both the ACT and the SAT contain verbal and math question types. SAT/ACT Preparation Part 1 will give you all the information you need to do well on the verbal questions of the ACT and the new SAT. The ACT verbal sections are called the Reading Test, the English Test, and the Science Test.
Online
New classes start each month
Fee: $89

Boys and Girls All Sports Camp
Dates: July 18 - 21
Time: 8:30am - 1:00pm
Ages: 6-12
Location: Main Gym and Outdoors
Cost: $80 per camper
$ 140 for 2
$ 200 for 3
$ 260 for 4
This summer camp is designed for children with a true interest in a variety of sports and recreational activities. This multi-sport camp helps plant the seed for a healthy future and a lifetime of sports participation. Our daily camp schedule varies. Activities can include: basketball, soccer, tennis, volleyball, flag football, baseball/softball, swimming, badminton, kickball, dodge ball, ultimate frisbee, and more!
Contact: Kyle Roepnack
(315) 534-3472
Kyle.Roepnack@herkimer.edu
Contact: Jason Palkovic
(315) 866-0300 ext. 8369
Palkovijm@herkimer.edu

Boys Basketball Camp
Dates: August 8 - 11
Time: 9am - 3pm
Ages: 7-16
Location: Main Gym
Cost: $100 per camper
This camp will provide girls the opportunity to improve their total game by emphasizing the fundamentals, fun and innovative collegiate level drills, situational play and game play. Points of emphasis will be put on ball handling, individual/team defense, shooting, rebounding, speed/agility and basketball IQ. T-Shirts will be provided.
Contact: Peter Anadio
(518) 848-6693
Peter.Anadio@herkimer.edu

Girls Basketball Camp
Dates: August 8 - 11
Time: 9am - 3pm
Ages: 7-16
Location: Main Gym
Cost: $100 per camper
This camp will provide girls the opportunity to improve their total game by emphasizing the fundamentals, fun and innovative collegiate level drills, situational play and game play. Points of emphasis will be put on ball handling, individual/team defense, shooting, rebounding, speed/agility and basketball IQ. T-Shirts will be provided.
Contact: Peter Anadio
(518) 848-6693
Peter.Anadio@herkimer.edu
All Athletic Camps will offer Swimming, please bring a bathing suit and towel.

There is no lunch provided or available on campus for participants. For all-day summer camps, all participants must bring their lunch.

**Boys and Girls Soccer Camp**
- **Dates:** July 11 - 15
- **Time:** 9am-3pm
- **Ages:** 6-15
- **Location:** Wehrum Stadium
- **Cost:** $135 per camper

The soccer day camp will focus on the fundamentals of soccer as well as individual needs and teamwork. Campers will work closely with Coach Aragon and his staff of former players and coaches to learn technical and tactical soccer strategies while having fun. Campers will have the opportunity to learn foot skills, as well as play in small and large-sided games on the College’s artificial turf field. Come join us for a great week of soccer, fun and friendships.

Contact: Pepe Aragon
(315) 868-7373
Pepe.Aragon@herkimer.edu

**Softball All-Skills Camp**
- **Dates:** July 18 - 21
- **Time:** 9am-3pm
- **Ages:** 8-18
- **Location:** Softball field
- **Cost:** $100 per camper

This camp will emphasize unique, innovative, and fun drills to build skills in every aspect of the game: hitting, base running, defense, pitching, catching, softball specific speed agility and strength training, mental game, team building, etc. Video analysis will also be incorporated so each player can see their skills in progress. At the end of camp, games will be played to have fun and display what each player has learned.

Contact: Peter Anadio
(518) 848-6693
Peter.Anadio@herkimer.edu

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Select Camp(s)

- Outdoor Fun: $72 (6/27 - 6/30)
- Art Camp: $89 (7/11 - 7/14)
- Weather Watchers: $69 (7/11 - 7/14)
- Robotics Mini-Camp: $29 (7/11 - 7/14)
- Calling All Fashionistas: $85 (7/18 - 7/21)

Please make all checks payable to: Herkimer College

Send Completed Registration Form and Payment to:
Herkimer College
Community Education
100 Reservoir Road
Herkimer, NY 13350

Camper/Parent Contact Information
- Camper’s Name:__________________________________________________________
- Address: _______________________________________________________________
- City: ____________________ Zip:______________________________
- Age: _______ Grade: _______
- Parent’s Names:___________________________________________________________
- Home Phone:________________________ Cell Phone:___________________________
- Email Address: __________________________________________________________

Emergency Contact Information
- Name:_______________________________________________________________
- Relation:_______________________________________________________________
- Home Phone:____________________________________________________________
- Cell Phone:____________________________________________________________

Method of Payment: ☐ Check ☐ Visa ☐ MasterCard
- Credit Card #: __________________________________________________________
- Exp. Date: _________ CVV# (found on back of card, 3 digits) _________
- Name as it appears on card: _______________________________________________\n
Prior to participation to any non athletic camp, campers must have a signed Herkimer College camp permission form found on the next page
Herkimer College Camp Permission Form

I give my permission for ________________________ to take part in the ____________________________ Camp at Herkimer College. This child, to the best of my knowledge, is in good physical condition and is capable of performing the necessary activities that this program may entail. I understand that this program and other activities including outdoor program have an inherent risk factor, and that all appropriate precautions will be taken for the safety of my child. I give my permission to the Herkimer County Community College staff and volunteers and/or hospital staff to administer proper medical assistance to the above named participant. I agree not to hold Herkimer County Community College or any of their agents responsible in the event of injury to my child.

_____________________________________________________
Parent or Guardian (Please Print)

_______________________________________________
Signature

_______________________________________________
Date

Please list any known allergies or medical conditions that our staff should be aware of:
_______________________________________________________________________
_______________________________________________________________________
_______________________________________________________________________

Herkimer College Photo Release Form

I hereby grant permission to Herkimer College and/or its assigns, clients, or agents, full permission to use, publish, and copyright, either in whole or in part, photographs or other images or likenesses of ____________________________ (child’s name) in the form of videotape, film or digital stills, or any other medium depicting participation in a Herkimer College activity, class, program or event. Such material may be used with or without the child’s name in publications, television, billboards, online, social media and other media for promotion and advancement of the College. This permission is given without expectation of remuneration.

_____________________________________________________
Parent or Guardian (Please Print)

_______________________________________________
Date

_____________________________________________________
Parent or Guardian Signature

Herkimer College Photo Release Form

Hundreds of online courses with expert instructors!
All can be taken from the convenience of your home or office.
www.ed2go.com/herkimer

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<tr>
<th>Technology</th>
<th>Business &amp; Career</th>
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<tbody>
<tr>
<td>Creating Mobile Apps with HTML5</td>
<td>Performing Payroll in QuickBooks</td>
</tr>
<tr>
<td>In this course, you’ll learn how to imagine, design, build, and optimize a cross-platform mobile app using the very latest HTML5 standards.</td>
<td>Master efficient techniques for creating paychecks, paying liabilities for taxes, and generating dazzling reports quickly and easily.</td>
</tr>
<tr>
<td>Wireless Networking</td>
<td>A to Z Grant Writing</td>
</tr>
<tr>
<td>You’ll learn how wireless works, how wireless devices connect to networks, and how to build and connect to your own wireless network.</td>
<td>Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.</td>
</tr>
<tr>
<td>Computer Fundamentals</td>
<td>Market Your Business on the Internet</td>
</tr>
<tr>
<td>Introduction to PC Troubleshooting</td>
<td>Find out how to market your business on the Internet, even if you have little or no money to spend! In this practical, hands-on course, you’ll discover proven methods that will help you establish an Internet presence and build an online brand identity.</td>
</tr>
<tr>
<td>Medical/Healthcare</td>
<td>Fundamentals of Supervision and Management</td>
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<tr>
<td>Medical Terminology: A Word Association Approach</td>
<td>Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.</td>
</tr>
<tr>
<td>Intro to Natural Health and Healing</td>
<td>Web Programming</td>
</tr>
<tr>
<td>We’ll discuss the various stages of health and illness, and you’ll discover that true health means wholeness of the mind, body, and spirit.</td>
<td>Gain a solid working knowledge of the most powerful and widely used database programming language.</td>
</tr>
</tbody>
</table>
Professional Development

**Introduction to QuickBooks**
In this course you’ll learn to manage the financial aspects of your small business quickly and efficiently using QuickBooks online. This powerful accounting software program has helped thousands of business owners just like you manage their finances.

*Online*
New classes start monthly
Fee: $89

**First Aid / CPR/ AED**
The Adult First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck and back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies for victims about 12 years and older. Successful students will receive a certificate for Adult First Aid/CPR/AED.

*Saturday*
9am to 4pm
Aug. 13
Fee: $80

**Introduction to Voiceovers**
This fun and empowering 90 minute, one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You’ll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You’ll have the knowledge necessary to help you decide if this is something you’d like to pursue. Check out the video at http://www.voicesforall.com/ooo to get a better sense of how the class works.

Taught by a professional voice actor from the Voice Acting Training Company, Voices For All.

*Online*
New classes start monthly
Fee: $49

**Fitness Center Hours**
Monday - Friday 6:00 AM - 8:00 PM
Saturdays 10:00 AM - 6:00 PM
Sundays 12:00 PM - 8:00 PM

**Memberships Fees**
- Monthly $30
- 6 Months $110
- Annual $200

Closed on holidays and subject to abbreviated hours during the summer and College breaks

Herkimer County Residents 70 years old and older are eligible for the Herkimer College Millennium Card.
Contact us for details.

**Creating WordPress Websites**
WordPress.com is one of the world’s most popular Web design tools. It’s free and easy to use, and it produces professional results. In these lessons, you’ll get hands-on experience with this powerful tool as you create your own WordPress.com site and blog. As you walk through the process from start to finish, you’ll find out how to use WordPress to create pages and posts, add images and videos, change a site’s look and feel, and include user-friendly features.

*Online*
New classes start monthly
Fee: $89

Accomplish Your Goals!

Looking to finish that college degree you started? Or maybe just take a few courses to broaden your skills? Consider studying online! Herkimer College’s Internet Academy is a leader in providing outstanding online college courses and programs. Benefits of study online include:

**Convenience.** Many of our students have very busy lives with full-time jobs and family responsibilities. Commuting to campus for class can be difficult, if not impossible. Completing your studies online lets you complete your education around your schedule.

**Savings.** Herkimer College’s tuition and fees are affordably priced.

**Program variety.** We offer more than 200 courses, 20 full degree programs, and three certificates entirely online so there are lots of choices when it comes to majors and programs.

**Support services.** Our online students have access to all of the great in-person support services our on-campus students are offered, like academic advising, tutoring, disabilities services, library services, and technical support.

Herkimer Internet Academy
THE STATE UNIVERSITY OF NEW YORK
Chasing Shadows Part 2
Join the New York Shadow Chasers and learn how to investigate the paranormal. You’ll learn up-to-date investigative technology, history, ethics and experience paranormal investigations. The class will participate in a paranormal investigation.
Friday
June 3, 10, 17, 24; July 8, 15, 22, 29
6pm to 8pm
Fee: $89

Just Once Piano Workshop
In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. While regular piano teachers teach note reading piano professionals use chords. You can learn all the chords you’ll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can download a free pamphlet on reading the treble clef on our website justonceclasses.com. Fee includes a workbook and practice CD.
Saturday
9am to 12pm
August 6
Fee: $59

Gastric Bypass: Better Health through Hypnosis
Lose weight and alter your lifestyle utilizing the powerful, non-invasive, yet overwhelmingly effective method of virtual Gastric Lap Band procedure. Attain the feeling of feeling full faster, making healthier food choices, and achieving your weight loss goals with no actual surgery and no risks, but all of the benefits.
Thursday
6pm to 8pm
June 16
Fee: $19

Hypnosis for Smoking
Become a permanent non-smoker quicker and easier than you ever thought possible. You will do so with less withdrawal and cravings than you ever imagined. In addition to all of this, you will have less negativity and stress, and more self-esteem and self-confidence. No relying on willpower, which usually fails, no feelings of self-denial and frustration. Instead, you will feel a sense of accomplishment and self-respect.
Thursday
6pm to 8pm
June 9
Fee: $19

Healing From the Inside Out With Mind Body Medicine
Learn to utilize your miraculous, inborn, self healing capabilities within your own mind and body. Discover self healing methods free from chemicals, that puts real healing back into your own hands. Through information, meditations, affirmations, imagery, breath work and enjoyable self hypnosis journeys you can put yourself back on the road to radical well being.
Monday
6pm to 7pm
June 13, 20, 27; July 11, 18, 25
Fee: $49

Miracles and Metaphysics
Discover a way of living that can bring more love, success, fulfillment, creativity and awareness into your life. Tap into the knowledge of your greatest human potential, including your physical, mental, emotional and spiritual health. This could be your journey into the greatest way of living each day of your life.
Thursday
6pm to 7pm
June 30; July 7, 14, 21, 28; Aug. 4
Fee: $49

Your Magic Mind-Self Hypnosis for Guaranteed Success
You can discover the secret that Albert Einstein, Mozart, Winston Churchill & Tiger Woods used to unlock their genius’. The American Medical Association, the American Psychiatric Association, Medicare, along with hundreds of studies from Yale University, Stanford University and other top academic and health institutions, agree self-hypnosis works. Learn this simple skill and transform personal, relationship, health, money and other problems. Goals and dreams become reality faster than you ever imagined.
Tuesday
6pm to 7:30pm
Aug. 2, 9, 16, 23, 30
Fee: $49

Change Your Mind, Change Your Life
Imagine your limitations transforming into limitless states of inner peace, joy, and love. A simple multi-step process that will allow you to drive your own bus and melt limitations away to discover your best self. Advance your career, improve your relationships, heal underlying emotional health and emotional difficulties. This course will show you how!
Thursday
6pm to 7:30pm
Aug. 18, 25; Sept. 1, 8
Fee: $49

Victor Pellegrino Workshops

Protecting Assets from Medicaid
Thursday
6:30pm to 8pm
June 2, 9, 16, 23
Free

Use of Power of Attorney, Health Care Proxy and Living Will
Thursday
6:30pm to 8pm
July 14
Free

Applying for Community Medicaid to Remain in Your Home
Thursday
6:30pm to 8pm
July 28
Free

Protecting you IRSs and Annuities
Thursday
6:30pm to 8pm
August 11
Free

Does your will protect you children and grandchildren?
Thursday
6:30pm to 8pm
August 18
Free

Medicaid Planning When You Don’t Have Five Years Prior to Nursing Home Placement
Thursday
6:30pm to 8pm
August 25
Free

Visit victorpellegrino.com for more information.