

## FOR IMMEDIATE RELEASE

Contact: Parks & Recreation - (573) 874-7460

### **Parks and Recreation offers self-improvement classes**

**COLUMBIA, MO (January 7, 2005)** -- Columbia Parks & Recreation is offering several self-improvement classes to help get your New Year off to a positive start.

**“Developing Concentration ‘Quiet Mind’ Workshop”** will be held Monday, Jan. 17, from 7 p.m. - 9 p.m. Would you like to learn how to concentrate better? It is possible to counter ADHD and ADD by practicing concentration exercises and learning how the mind works. A focused mind is a more efficient mind. A quiet mind will produce a life filled with inner peace and understanding. Concentration is necessary to reach your dreams and desires. The School of Metaphysics will teach you how. Course fee is \$21.50.

**“Speed Reading Made Easy”** will be held Saturday, Jan. 22, from 9 a.m. - 11 a.m. Master the “secrets” of speed reading, and learn to read at super speeds with increased comprehension. This seminar will help you succeed in your studies and at work. You’ll have the opportunity to sample super reading styles in a way that fits you personally. Instructor Bart Entrikin, M.S., will help you enhance reading for information and enjoyment. Bring several books and a calculator. Course fee is \$21.50.

**“Quick Study – Memory Mastery”** will be held Saturday, Jan. 22, from 1 p.m. - 3 p.m. Memory is the key to knowledge and leadership. Learn a never-fail system for remembering everything you read, see, and hear. Make every moment count, dramatically increasing performance and productivity. Succeed in business by keeping all important dates right in your head. Succeed in school with memory techniques for any academic subject. Instructor Bart Entrikin, M.S., will help participants discover the newfound authority, confidence, and pleasure that come from a quick, sharp, active mind. Course fee is \$21.50.

**“When Was the Last Time You Were Truly Astounding?”** will be held Saturday, Jan. 29, from 9 a.m. - 11 a.m. This is your klutz-proof step-by-step guide to personal amazing-ness. Anything is possible when you “change” your mind, reprogram your thoughts, and fulfill your desires and potential. Bart Entrikin, M.S., will teach lifetime tools which will enrich, enlighten and empower you to become a high performance person. Class fee is \$21.50.

**“8 Kinds of Smart: Identifying & Developing Your Many Intelligences”** will be held Saturday, Jan. 29, from 1 p.m. - 3 p.m. A rich mix of ideas for exploring ways to become more intelligent based on Howard Gardner’s pioneering theory of “multiple intelligences.” Inspiring, entertaining, and enormously user-friendly, instructor Bart Entrikin, M.S. will give you the tools to identify your unique capabilities and apply this knowledge in your everyday life. Class fee is \$21.50.

Self-improvement class participants must be at least 15 years. Classes will be held at the Parkade Center, 601 Business Loop 70W. Use the north ramped entrance on the east side of the building.

Columbia Parks and Recreation offers a wide variety of Life Enrichment classes for all ages throughout the year. Classes include dance for youth & adults, acting, foreign language, fencing, martial arts, self-improvement seminars, study skills, yoga, music, and more!

For more information and to register for classes, call Columbia Parks and Recreation (573) 874-7460 or register at the downtown office at 1 S. 7th Street. Register online: [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com) (GoWord: GoRecreationRegistration).