



Take courses from the comfort of your home or office at times that are most convenient for you.

The ALC teams up with **ed2go** to bring you hundreds of engaging online courses. Our courses are affordable, fun, fast, convenient, and geared just for you.

- Accounting & Finance
- Business
- Computers & Technology
- Design & Composition
- Language & Arts
- Law & Legal
- Personal Development
- Teaching & Education
- Writing & Publishing

ed2go courses are led by expert instructors, many of whom are nationally known authors. Participate in lively discussions with your fellow students and get plenty of practical information that you can put to immediate use. Most courses run for six weeks.

Affordable, convenient, effective, and just \$115 for most courses. Enroll today at www.ed2go.com/vbalc

Announcing ALC/ed2go Online Career Training Programs!

The ALC, in partnership with ed2go, now offers online open enrollment programs designed to provide the training necessary to acquire professional level positions for many in-demand occupations.

Online courses and career training programs prepare you for a new career, or help you advance within your current occupation. Learn new skills and prepare for industry-recognized certifications.

Career Training Programs run anywhere from 6 months to 12 months and cost from \$400 to \$4000.

Enroll in Career Training today at careertraining.ed2go.com/vbalc/

ONLINE HEALTHCARE COURSES THROUGH HEALTH ED TODAY!

These online courses are highly interactive and provide students with an enriched learning experience. Each course includes 24-hour-a-day instructor support, course mentors, engaging labs, student exercises, videos, all textbooks, workbooks and student materials. Clinical externship opportunities and national or state certification are available for select programs. Students will find all the resources they need to succeed, including career building exercises, résumé writing tips, career mentors, interview techniques, and other skills training on a secure student website.

Clinical Medical Assistant—Tuition \$2,599

Dental Assisting—Tuition \$1,399

Dialysis Technician—Tuition \$1,299

ECG/EKG Course for Nurses—Tuition \$699

EKG Technician—Tuition \$1,299

Electronic Health Records Mgmt—Tuition \$1,299

Medical Administrative Assistant—Tuition \$1,199

Medical Billing & Coding—Tuition \$1,899

Medical Coding ICD-10—Tuition \$1,599

Medical Terminology—Tuition \$699

Pharmacy Technician—Tuition \$1,399

Phlebotomy Technician—Tuition \$1,799

QUESTIONS ABOUT HEALTH ED TODAY? CALL TOLL FREE 1-888-963-5967

To try a course demo and learn more about these exciting programs visit:

<http://www.healthEdtoday.com/AdultLearning>

Health Ed Today courses were developed through a partnership with leading education organizations including Pearson Education, E-College and Condensed Curriculum International.

Fitness grads—do you need to renew one or more of your certifications?

Try an **ONLINE CEC** workshop today.

Register for courses through this link: <https://www.witseducation.com/fit/store-shop/vbalc-course-registration/>

GOLD CERTIFIED PERSONAL TRAINER

\$699 plus \$35 if needed for outside gym fee for a review and practical skill exam

The W.I.T.S. online personal trainer school has developed a SELF-PACED short, impactful video online personal trainer course to help you pass any certification program. The lessons will help you with key lecture topics and practical drills that you can duplicate to master the skill set. Our online personal trainer course is loaded with practice quizzes, discussion boards and more. We've included incredible veteran fitness mentors to help your successful outcome, too. This course includes the NCCA Accreditation national exams.

32 Hours over 6 weeks

SENIOR FITNESS SPECIALIST

\$439—includes the online exam

This certification class is for health and fitness professionals wanting to gain knowledge, training, and competency to assess fitness levels, design fitness programs and provide motivating exercise instruction for older adults. This course is a great addition to your knowledge base and allows you the opportunity to learn the proper exercise techniques, stretching, programming and safety needed for your older adult clients. The population of individuals 65 and older is increasing rapidly. This presents the personal trainer with multiple opportunities to work with clients as they age. However, it does require specialized knowledge and training, because chronic medical conditions will alter older adults' need for and response to exercise.

20 Hours over 5 weeks

GROUP FITNESS

\$699 plus \$35 if needed for outside gym fee for a review and practical skill exam.

This online self-paced mentored certification course will help you to develop skills for leading any group in an exciting safe routine. Lectures will cover the essentials of group exercise history, music, choreography, and safety techniques, as well as basic applied science specifically relating to group strength, cardiovascular, muscular, and flexibility. Practical labs will expand into skill development for functional training, sports conditioning, circuit, boot camp, dance, step, kickboxing and equipment-based class techniques. A mind body class overview in Yoga & Pilates will cap it off so you can incorporate this knowledge into sections of your classes. The national exams for the certification credential is included with this program.

32 Hours over 6 weeks

LIFESTYLES WELLNESS COACHING

\$439—includes the online exam

This unique lifestyle Wellness Coaching Certification course will show your client that providing specific insights into their individual wellness is just as vital to their long term success as creating an exercise program. Our Lifestyle Wellness Coaching course will enable you, as a trainer, to communicate, motivate, and support your client IN NEW INNOVATIVE WAYS towards reaching their goals. This self-paced online-mentored class will help you develop the personal skills you need to lead your clients, while opening new revenue streams outside of just exercise training sessions! Your clients will achieve long-term fitness and lifestyle wellness goals for likely the first time ever. You will provide your clients with personal awareness techniques that will create new possibilities and help them overcome previous limitations.

Lifestyle Wellness Coaching Certification includes 12 hours of video instruction, drills and testing. The W.I.T.S. video lessons will teach you the skills of successful coaching and allow you to practice and build confidence in your coaching relationships as a lifestyle wellness coach. This is the next level in your professional growth to build your personal business and increase your billable hours.

13 Hours over 4 weeks

