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FOR IMMEDIATE RELEASE

Contact: Don Frades
Cal Poly Continuing Education
Marketing and Public Relations Manager
805-756-7136 | dfrades@calpoly.edu

Continuing Education Classes for October Still Available

SAN LUIS OBISPO – Cal Poly's Continuing Education is highlighting three October classes: Introduction to Hypnosis, The Basics of Selling on eBay and Become a Notary Public in a Day.

The new Introduction to Hypnosis addresses questions about the validity and usefulness of hypnosis, as it has begun to enter the mainstream of healing arts. Some healthcare professionals consider it a valuable tool for health and stress management. Athletes, students and business people use hypnosis as a tool to improve confidence, concentration, communication, relationships and motivation.

The course provides 2 CEUs and is taught by Certified Clinical Hypnotherapist Jerry Sanger. Course times are Oct. 6 – 27, from noon to 5 p.m. The fee is \$150.

The Basics of Selling on eBay is designed orient users to selling on eBay. Instructor Steve Lindhorst is a former eBay employee and national eBay University Instructor. The one-day course covers opening a seller account, researching and creating listings, descriptions and photography, setting prices, using PayPal, listing monitorings and completing transactions. The course takes place Oct. 6 from 9 a.m. to 1 p.m. and costs \$65.

Become a Notary Public in a Day provides instruction on how to become a safe and effective notary. Students learn how to pass the new test, (which must be taken every four years) prevent lawsuits, keep a journal and fill out certificates. The State exam is offered after the class. The course is scheduled for Oct. 13, from 8 a.m. – 6 p.m. and the fee is \$95.

To enroll online in these classes or order a free Outreach catalog, visit www.continuing-ed.calpoly.edu or call 756-2053.

Cal Poly Continuing Education's programs include the Adult Degree Program, which allows busy adults to earn a Cal Poly bachelor's degree; Open University, which makes academic Cal Poly classes available to the public; and a range of online and local classes in professional development and personal enrichment.

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California Polytechnic State University
San Luis Obispo, CA 93407
805.756.7266
polynews@calpoly.edu