



Computer Basics:

Facilitator: Janet Black

**Thursdays –
Starting 02/12/15**

This class will serve 10 participants for three weeks on Thursdays beginning February 12th from 6pm to 8pm at the Saylor Building.

Participants will learn how to become familiar with using the basic components of a computer- keyboarding, mouse, printing documents, using the Internet, email, how to use free software from the Internet.



All of the following Community Education Classes are sponsored by the Cattaraugus SNI Education Department and will be held at the Saylor Building.

To register and/or get more information please contact the Education Department:

**SNI Education Department
Cattaraugus**
12861 Route 438
Irving, NY 14081
716.532.3341

SNI Cattaraugus Education
Department Sponsors

Community Education Classes



Sewing Basics:

Facilitator: Andrea Thomas

**Mondays –
Starting 02/09/15**

This class will serve 10 participants for six weeks on Mondays beginning February 9th from 6:30pm to 8:30pm at the Saylor Building.

Participants will learn about basic sewing machine components, terminology and how to use the machine. Also reading and using a basic pillow pattern, cutting the pattern and sewing cut pieces together, reviewing and practicing techniques will be taught.



The Role of Nutrition in Body, Mind and Spiritual Wellness- Feel Better By Eating Better: Facilitator: LuAnn Jamieson

This class will serve 10 participants for six weeks on Wednesdays beginning February 11th from 6pm to 8pm at the Saylor Building.

The primary goal for this nutrition education series is to improve the health status of Native People by providing information that will contribute to positive behavior change regarding eating habits and food choices.

Presentations over the six weeks will promote healthy eating, provide a historical overview and

maintain a distinction between Indigenous and introduced foods.

Cooking activities will include preparation and cooking demonstrations using primarily Indigenous ingredients.

