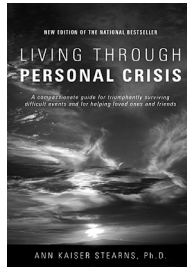


Traits of Triumphant Survivors

Ann Kaiser Stearns

Session II Monday, 9:30 a.m.
 Fee: \$65 (begins April 9)



Annoted professor of psychology, bestselling author Dr. Ann Kaiser Stearns has studied resilience and resilient people for 30 years. In this course, she will describe what her research has shown to be the personal traits, choices and behaviors commonly shared by resilient people (for whom she coined the term “Triumphant Survivors”). An inspirational speaker, she also brings a powerful message of hope to those dealing with the pain of a loss or wanting to support others. Laced with humor and poignancy, her stories describe those she has interviewed or studied and what made them resilient in the face of great challenges. When a loved one dies, a marriage or important relationship ends, a financial or health crisis occurs, even the shattering of a dream—Stearns shows how we still have a choice in how to live. With her uplifting insight and helpful healing strategies, course participants will discover how resilient people move beyond harsh and painful events to grow stronger and live fulfilling lives.

Ann Kaiser Stearns, Ph.D., has received awards for “Excellence in Teaching” from Loyola College, Johns Hopkins University and the Maryland Psychological Association. Once a chaplain at Michigan State University, she is a longtime professor of Psychology at the Community College of Baltimore County (CCBC) and also teaches at the Baltimore County Police Academy. Stearns is the author of “Counseling the Grieving Person,” in the textbook, Pastoral Counseling; the bestselling Living Through Personal Crisis (published in seven languages, new edition 2010); Coming Back—Rebuilding Lives After Crisis and Loss; and Living Through Job Loss. Three articles on traumatic events—risk factors and resilience—were published in The Maryland Psychologist. She has lectured widely and appeared in 200+ radio and television interviews in the U.S. and Canada. A public television program, Living Through Personal Crisis with Dr. Ann Kaiser Stearns, also aired broadly nationwide and is available on DVD. See also: www.annkaiserstearns.com.

French Wines Demystified

Philippe Duverger

Session I Wednesday, 1 p.m.
 Fee: \$65 (begins March 7)
 (Additional \$15 materials fee)



French wines have that *je-ne-sais-quoi* that makes the American public shy away from them, or buy them for an occasional show-off when inviting friends. Wouldn't it be better to know what you are buying? Quite frankly, French wines on the wine store shelf are 30 percent good, 50 percent difficult to compare or appreciate, and 100 percent more expensive than any other alternatives. So why bother? This class will be a crash course in the essentials of French wine appreciation. Participants will learn the main regions, grapes (*cépages*) and brands (*appellations*) by immersing themselves into the culture and tasting of multiple affordable and not-so-affordable wines of Edith Piaf's country. No need to speak French, no need to have read Sartre. But you need to be over 21 and have a good sense of humor. Please bring a champagne glass (no plastic) to the first class for tasting.

The class will be limited to 20 participants.

The \$15 materials fee is to be paid with registration fee.

Philippe Duverger, Ph.D., is an assistant professor of Marketing at Towson University. Prior to his academic career he has managed hotels around the world and created several restaurant concepts. Duverger is a trained chef and maître d' from the Bordeaux School of Hotel and Restaurant Management. He has spent most of his youth in the Bordeaux region and started his culinary career there. One of Duverger's ancestors was among the first settlers in Australia in 1875 where, as an expert winemaker, he created the famous vineyard of Château Tahbilk.

**Classes held at 7400 York Road
 Suites 100 and 108
 Free, accessible parking
 (See maps in catalog)**