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## PRESS RELEASE

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FOR IMMEDIATE RELEASE

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### **Late Starting Noncredit “Stress Management” Class to Begin March 15**

Weed / COS –Exposure to chronic stress, whether it occurs during the prenatal period, infancy, childhood, adolescence, adulthood or aging, has a severe impact on the brain and can lead to a decline in emotional, mental, and physical health. Women tend to identify more stress-producing events and have a higher prevalence of illness due to stress. Learning to reduce and manage your stress can promote health, enhance happiness, and improve the overall quality of life. Instructor Dr. Tricia Weldon, Ph.D., a Health Psychologist who specializes in trauma intervention, will teach a late starting “Stress Management” class this spring at College of the Siskiyous (COS) beginning March 15.

**Stress Management (HEA 0521 / #3617 / 0 units)** will address topics that include identifying stress triggers, learning methods for managing and reducing stress, gender based stress, nutritional science, and time/life management. In addition, students will practice techniques such as progressive relaxation, meditation, breathing exercises, mindfulness, music therapy, and animal-assisted stress reduction. This class will meet weekly on Thursday evenings from 5:30 to 8:45 p.m. at the COS Yreka Campus in Room 4 from March 15 through May 24. There is no cost to register for this noncredit class.

The expansion of noncredit course offerings at College of the Siskiyous is an ongoing effort to better serve the needs of the community and the aspiring learner. Noncredit serves the needs of parents, older adults, those looking to obtain a high school diploma or equivalency, increased basic skills, and individuals with disabilities through specifically targeted courses. Noncredit provides “no fees” courses, with “open access” to educational opportunities and lifelong learning, to increasing diverse communities and life enriching activities through course offerings.

For information about the Continuing Education Program or classes offered, contact Kim Freeze by calling (530) 841-5834 or email [kfreeze@siskiyous.edu](mailto:kfreeze@siskiyous.edu). Registration for these classes is open and students are encouraged to register. For class registration information, call the Enrollment Services Office at (530) 938-5500. The Weed Campus can also be reached by calling (530) 938-5555 or toll-free, (888) 397-4339. Register in person at the Weed or Yreka or register online (anytime) at [www.siskiyous.edu](http://www.siskiyous.edu).