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PRESS RELEASE

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FOR IMMEDIATE RELEASE

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Registration Open for Tuition-Free Summer Health Education Course

Weed / COS - College of the Siskiyous (COS) is offering a tuition-free, summer **Health Education HEA 525 / #5097** class starting June 5th. Registration is now open for this zero-unit class that will be taught by Katie Woodward.

Health Education will meet at the Yreka Campus in Room 7 from 3:20 to 4:50 p.m. on Tuesday and Thursday afternoons. Practical information, effective strategies, and skills that teach the student how to practice good nutrition, manage personal health, and maintain an active, healthy lifestyle in the later years will be the focus of this class. This class will also focus on consumer skills related to food purchasing, label reading, and stretching the food dollar, meal planning, food safety, and health literacy.

For more information about this course contact Katie Woodward by emailing kwoodward@siskiyous.edu. For 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 campus or register online at www.siskiyous.edu.