



Siskiyou Joint Community College District  
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## PRESS RELEASE

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FOR IMMEDIATE RELEASE

**Release #: 078**  
**Date: January 19, 2019**

### **FREE, Noncredit Stress Management Class Will Begin January 29**

Weed / COS – Open to the entire Siskiyou County community at no cost, this **FREE** Stress Management (HEA 0521 / #3397) noncredit course is designed to help you relieve stress. Class will meet on Tuesday afternoons, 1 to 3 p.m. at the Yreka Campus in room 4. Class will run January 29 through May 21.

Exposure to chronic stress, whether it occurs during the prenatal period, infancy, childhood, adolescence, adulthood or late in life, 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 cover 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.

For more information regarding the class, contact Dr. Weldon by calling (530) 925-2567. Registration for spring semester classes is open and students should register soon. 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). Spring semester classes will begin Monday, January 28<sup>th</sup>.