



Siskiyou Joint Community College District
800 College Avenue
Weed, CA 96094
Telephone: (530) 938-5555
Toll-Free: (888) 397-4339

PRESS RELEASE

Public Relations Office:
Dawnie Slabaugh: (530) 938-5373
Email: slabaugh@siskiyous.edu

FOR IMMEDIATE RELEASE

Release #: 079
Date: January 19, 2019

Register Now for Health Education and Self Awareness Class

Weed / COS – College of the Siskiyous will offer Health Education and Self Awareness (HEA 0525 / #3400) this spring at the Yreka Campus. This course is **FREE** to the community and will provide 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.

In addition, the course will focus on consumer skills related to food purchasing, label reading, and stretching the food dollar, meal planning, food safety, and health literacy. This course also has a self-awareness component that is designed to generate personal awareness concerning our relationship with environmental health, as well as our physical, social, emotional, intellectual, financial, occupational, and spiritual health.

Class will meet Thursday afternoons from 1 to 3 p.m. beginning January 31 at the Yreka Campus in room 4. Dr. Tricia Weldon is the instructor. Instructor Weldon, a Health Psychologist will cover topics that include identifying causes of leading health concerns, learning methods for managing and reducing illness, gender based health issues, nutritional science, and proactive health behaviors.

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. Spring semester classes will begin Monday, January 28th.