



HERKIMER
COUNTY | COMMUNITY | COLLEGE™

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RELEASE DATE: July 8, 2008

SUBJECT: Towards Better Health- Exploring Natural Health Alternatives

**SOURCE: William McDonald, Director of Community Education
866-0300, ext. 8251**

Herkimer, NY—Herkimer County Community College's Community Education office is accepting registrations for a non-credit class focusing on individual self-improvement.

Towards Better Health- Exploring Natural Health Alternatives is designed around the concept of getting back to basics and understanding more about the body and how to help it work more effectively. Natural health alternatives, self-care, weight management and several forms of exercise will be discussed. The class is four sessions on Wednesday evenings from 6pm to 8pm, beginning July 30. Pre-registration is required by July 24. The fee is \$48.

For a complete list of courses, please visit our website at www.herkimer.edu, or call the Community Education office (315) 866-0300, ext. 8251, Monday through Thursday, 8:30am– 4pm. Registration can be completed by calling the Community Education office during regular business hours.

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FOR MEDIA ONLY—FOR FURTHER INFORMATION CONTACT KATHERINE MONTANO, 866-0300 OR 888-GO 4-HCCC, EXT. 8259.

HCCC NEWS

www.herkimer.edu