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Danville Community College

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DCC Class

HLT 215 Personal Stress Management (Provide a basic understanding of stress and its physical, psychological and social effects. Includes the relationships between stress and change, self-evaluation, sources of stress, and current coping skills for handling stress).

Dates: 02/21-03/16

Tue, We, Th 6:00PM-9:30PM

Credits: 3

Instructor: Maria McCracken

Cost: \$446.25

Room: Gretna High School; room TBA

To Register: Go to www.dcc.vccs.edu. Select- Admission Applications. Follow prompts. DCC no longer accepts paper applications.

Questions: Patricia Dayberry

Administrative Assistant

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