

SAMPLE

FOR IMMEDIATE RELEASE

HAMDEN ADULT EDUCATION

Contact: Ellen Thompson, 203.407.2028, ellen.thompson@hs.hamden.org

IF HEALTH IS YOUR RESOLUTION, HAMDEN ADULT ED HAS THE SOLUTION

Hamden, CT (January 10, 2005) – Hamden Adult Education has recently printed the Winter/Spring 2005 course catalog which is filled with programs that will do your body good. With a wide range of fitness programs at fantastic prices, this is the year to get your mind and body in top shape. If you are not the organized fitness type, why not try dance classes? Whether it is Salsa, Swing or Ballroom, you will have so much fun you won't even realize you are working out.

Have you always wanted to eat healthy, but didn't know how? If so, check out the nutrition programs that are designed to teach you the basics of healthy eating and lowering your cholesterol.

If the holidays have left you drained, try one of a wide variety of stress-relieving programs from Yoga to Tai Chi. The wealth of craft programs, including scrapbooking, crochet and ceramics, also offer relaxation and a chance to make new friends.

The Adult Education program is sponsored by the Hamden Board of Education in compliance with regulations of the State Department of Education and statutes of the State of Connecticut. The program is comprised of a variety of educational, recreational and social programs designed to enrich the lives of the residents of Hamden and surrounding towns. For more information, visit www.hamdenadulthood.org or call 203.407.2028.

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Learn in the Comfort of Your Own Home!

Hamden, CT (January 30, 2006) – Hamden Adult Education has expanded its educational offerings to include affordable online courses. These courses give busy adults the flexibility of learning from the privacy of their own home or office. Courses run for 6-weeks, with the next term beginning February 15th. Registration is quick and easy. Simply visit www.hamdenadulthood.org and click on “Online Courses”. There are over 100 courses to choose from in areas that can enhance your career or enrich your personal life.

For students who prefer the social aspects of “in-class” education, there are still plenty of other traditional courses available in a wide range of topics ranging from business to the arts. Hamden Adult Education truly offers something for everyone!

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Cook Less, Enjoy More!

Hamden, CT (February 14, 2005) – If you are like most busy people, cooking an elegant meal is just not possible. But, with the help of “Elegant Meals for Less,” a course offered in March by the Hamden Adult Education program, cooking fantastic meals will be a reality. The course focuses on making meal planning and preparation less stressful. Why not team this class up with the Basic Nutrition course, to make March a month of healthy, stress free meals?

Hamden Adult Education offers educational, recreational and social programs designed to enrich the lives of the residents of Hamden and surrounding towns. For more information, visit www.hamdenadulthood.org or call 203.407.2028.