Welcome to Women's Health Issues Online – Fall 2010

Dear Student,

Welcome to the distance education course of Women's Health Issues! HE ED 203 is a 3.0 unit class that presents major health issues of women cross culturally. Emphasis will be placed on current trends in the prevention of chronic diseases and health disorders, the promotion of a positive body image, and self-empowerment. Identification of significant cultural obstacles of access for women's health care by non-dominant groups are presented. Traditional, as well as, experiential and cooperative teaching/learning strategies will be used to explore the application of lifestyle changes to individual health beliefs and practices.

My name is Allison Merzon, and I am the instructor for this distance education class at Cuesta College. I am a full-time tenured faculty member in the Physical Education and Athletics Division and have been teaching Women's Health for approximately 15 years. I look forward to engaging you in this learning environment.

- **Instructor Contact Information**
  - E-mail address: amerzon@cuesta.edu
  - College phone number: 546-3100 x2711
  - Fall office hours: Virtual hours will be held Mondays 8:10-9:00 PM, PST. Other hours, including phone, are available by arrangement.
- **Important Course Information**
  - Course CRN: 72268
  - Class will begin the first day of the spring semester, August 16, 2010.
  - The course will be using Blackboard to deliver information and support student work. To log in to Blackboard go to: http://cehosting.blackboard.com/webct/entryPage.dowebct
  - The course materials will not become available until the beginning of class, at **12:00 PM PST on August 16, 2010**.
- **Required Textbook**
  - Contemporary Women's Health: Issues for Today and the Future (3rd Edition),by Kolander, Ballard and Chandler is available in the college bookstore (http://bookstore.cuesta.edu) and is required.
- **Mandatory Meetings**
  - There are no mandatory course meetings.
- **Course Length**
  - This is a regular, 18 week course.

Important Note: All students receive an e-mail address that can be accessed through Gmail (my.cuesta.edu). If you do not want to use this e-mail you can login into your Gmail account and set the default e-mail to be forwarded to any e-mail of your choice (check myCuesta for information). If you have any further questions prior to the first day of class, please feel free to e-mail me, (amerzon@cuesta.edu). **When e-mailing me, please type "Women's Health Online" in the subject line or your e-mail will not reach me in a timely manner. Thanks. ☺**

Allison Merzon