



Welcome to Women's Health Issues Online – Spring 2012

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 Kinesiology, Health Sciences, and Athletics Division and have been teaching Women's Health for approximately 18 years. I look forward to engaging you in this learning environment.

- **Instructor Contact Information**

- E-mail address: amerzon@cuesta.edu or womenshealthprof@gmail.com
- College phone number: 546-3100 x2711
- Fall office hours: Virtual hours will be held Mondays 8:15-9:00 PM, PST. Other hours, including phone, are available by arrangement.

- **Important Course Information**

- Course CRN: 30350
- Class will begin the first day of the spring semester, Tuesday, January 17
- The course will be using Blackboard to deliver information and support student work. To log in to Blackboard go to:
 - www.cuesta.edu
 - Click on the lower-left corner where it says "Log in to Blackboard"
 - Follow the prompts
- The course materials will not become available until the beginning of class, at **12:00 PM PST on January 17, 2012.**

Class will begin promptly the first week and the first assignment will be due by Friday, January 20, 2012. Make sure to login to class the first day!

- **Required Textbook**

- Contemporary Women's Health: Issues for Today and the Future (4th) 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).

Allison Merzon