

FOR RELEASE: IMMEDIATE

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YOUNGSTOWN, Ohio - Adults are returning to school or taking non-credit classes in record numbers in an effort to learn more and to continually update and improve themselves.

To aid in these efforts, the Office of Continuing Education at Youngstown State University is offering a number of courses at the Poland Union School during the Winter Quarter. Thus persons living in the southern areas of Mahoning County or Northern Columbiana County can get the same high-quality, non-credit instruction at a reasonable price without driving to YSU's campus.

Classes in Poland will include "Understanding the Weather," Mondays, Feb. 3-March 10; "Conversational Spanish," Mondays, Feb. 3-March 24; "Conversational French," Tuesdays, Feb. 4-March 25; "Superwoman of Today: How to Find Time to Get What You Want Out of Life," Tuesdays, Feb. 11-March 18; "Economics: Understanding Today's Trends," Tuesdays, Feb. 11-25; "Current Concepts and Controversies in Nutrition," Wednesdays, Feb. 5-19; "Introduction to Business and Public Speaking," Thursdays, Feb. 13-March 20; and "Conversational German," Thursdays, Feb. 6-March 27.

All courses will be held from 6-8 p.m. Each course fee will be reduced by \$15 for individuals registering at least 14 days before the first class session.

To receive a free brochure, or to register, call the YSU Office of Continuing Education at (216) 742-3358.

Continuing Education...because learning is a life-long process.

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