

**The University of Oregon
Continuation Center** sponsors with
 •College of Human Development & Performance
 •Folk & Ethnic Studies Dept. • Women's Studies Dept.
 •Clinical Psychology



Men & Masculinity Symposium

This year's theme is "Men and Power." Stimulating questions and issues will be examined, explored and dissected by fascinating keynote speakers; by panels of men from business, military, politics and religion; by psychologists, lawyers, elected officials, pacifists and men without labels. Through workshops, men and women will have added opportunity to understand and experience expressions and consequences of alternative definitions of power in the world, in relationships and with themselves.

When: March 6: 7:00 - 10:00 p.m.
 March 7: 9:00 a.m. - 10:00 p.m.
 March 8: 10:00 a.m. - 5:00 p.m.

Where: UO campus, EMU

Fee: UO Students \$30

CPSY 408G 1 credit P/NP



Sixth Annual Health and Fitness in the Workplace Conference

February 19 & 20 8:00
a.m. - 5:00 p.m. EMU

All those interested in promoting health and fitness in the workplace are urged and invited to participate in what promises to be an extraordinary two-day Conference.

This year's program examines specific corporations' fitness management programs and offers concrete suggestions on development and practical applications for fitness management.

Experts from industry, social service organizations and research institutions bring together the latest information on what health management practices can mean to everyone in the workplace.

Topics Include:

- * Health Promotion: The Rut or the Horizon
- * Employee/Employer Liability Issues
- * Women's Health Issues at the Worksite
- * Employee Injuries Common to the Worksite
- * Program Planning in the Workplace
- * Medical Surveillance at Spectra-Physics

HDEV 408G * TLN 5890 * 1 Credit, P/N * UO Students:\$25



Eyes On the Prize:

a PBS-based telecourse

Eyes on the Prize, a comprehensive history of the people, the stories, the events and the issues of the civil rights struggle in America, is a major prime time PBS television series and television course. Focus is on the period of American history from World War II to the present with instructor Calvin Harris contributing expertise on the labor movement.

The media format, combining print and video, makes this course a unique learning experience. The feelings and events of the Civil Rights Movement, which transformed the face of American culture, come alive through this series.

Six television broadcasts on Oregon Public Broadcasting begin January 21 and end February 25. Aired Wednesday nights 10:00 to 11:00 p.m. Repeats Thursdays at noon. Two on-campus class sessions: Orientation held January 14, 7:00 - 8:00 p.m., 138 Gilbert. Final meeting to be announced.

ES 410G TLN 7622 3 Credits UO Students \$55



Imagine That!

A fun experimental, noncredit class dealing with:

- *creative visualization
- *affirmations
- *reprogramming
- *goal setting

Blending instruction and theory with individual and group exercises, the course is designed to give students practical experience in applying the above techniques in literally every facet of life. For example, if you would like to.... be more relaxed, attain more self-confidence, stop smoking or lose weight....."IMAGINE THAT!" offers you an opportunity to focus on your goals, while sharing the support of a group experience.

When: Thursday evenings, 7:30-9:30 p.m.
 January 15-February 26

Where: UO campus, 117 Fenton

Instructor: Nancy Hopps

Fee: \$35



Women Writers' Workshop

Women writers at all levels will increase their discipline, scope and acuity as writers. Poets and prose writers are welcome to join the workshop and share the benefits of friendly, constructive criticism from the group under instructor's guidance. A variety of subject matter will be covered.

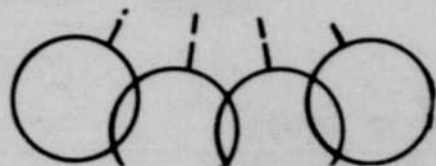
When: Tuesday evenings, 7:00 - 9:00 pm
 Throughout term

Where: UO campus, 184 PLC

Instructor: Cecelia Hagen

Fee: UO students \$35

WST 410G TLN 7613 2 credits



Self Hypnosis

Learn to induce a state of self hypnosis for:

- *relaxation
- *habit control
- *stress management
- *increased creativity
- *dream awareness
- *improved study habits
- *improved concentration
- *self actualization

When: Wednesday evenings, 7:30-9:30 pm
 January 14 - February 25

Where: UO campus, 117 Fenton

Instructor: Ronna Friend

Fee: \$35

For more information on these courses call the
**Continuation Center at 686-3537 or stop by
 1553 Moss Street**