

## Healthy Living

### Briefly

#### RCC's nursing assistant program has orientation

Free orientation sessions to Rogue Community College's nursing assistant program are being offered to potential nursing students.

Interested students can learn more at one of three free, no-obligation orientation sessions at the Table Rock Campus in White City. These will be held on March 13, March 20 and April 3, at 5:30 p.m. each day.

Attendance at one orientation is required before attending the first class of the spring term, which starts April 18.

As with the orientation sessions, classes will be held in the Health Professions Center at the Table Rock Campus, 7731 Pacific Ave.

The state-approved nursing assistant program consists of 155 hours of online and in-person training. Program applications are due by April 14.

Financial assistance for course costs is available through WorkSource Rogue Valley and information on eligibility will be shared during the orientation. Staff will also help with program applications at the orientation meeting or by appointment.

Students who successfully complete this training program will be eligible to take the certification exam through the Oregon State Board of Nursing.

During the first three weeks of the program, students complete 53 hours of self-paced online learning and 27 hours of skills labs.

During the final three weeks, students take part in 75 hours of hands-on, supervised clinical training at a local health care facility.

This program is offered through RCC's Continuing Education department and does not earn college credit.

For complete program information, or to apply, visit [roguecc.edu/NA1](http://roguecc.edu/NA1) or contact Diane Hoover, director of workforce training and continuing education at 541-956-7011 or [dhoover@roguecc.edu](mailto:dhoover@roguecc.edu).

#### Free presentations on depression and anxiety

Two free introductory presentations to a depression and anxiety recovery program are being offered this month in Rogue River.

The presentation will provide insight into how to identify depression and anxiety and their causes, give an overview of the Nedley Depression and Anxiety Program, which provides positive thinking techniques and nutritional education to help manage stress.

The free introductory sessions are March 19 at 3 p.m. at the Rogue River Seventh-day Adventist Church, 4300 N. River Road; and March 23 at 5:30 p.m. at the Rogue River Library, 412 E. Main St.

For more information, contact Janice at 541-840-1951.

— *Daily Courier staff reports*

