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RELEASE DATE: September 30, 2008

SUBJECT: Autism Workshop

**SOURCE: William McDonald, Director of Community Education
866-0300, ext. 8251**

Herkimer, NY—Herkimer County Community College is offering the following personal interest workshop.

Exploring Diet as Part of the Autism Puzzle will discuss new evidence regarding the use of the gluten free/casein free diet as part of the management for autism and autism spectrum disorders. Learn how dietary techniques should be started, who might benefit, and non-invasive dietary tips that might make a difference. This workshop will be taught by Jean Wolcott, RD, CND. Wolcott has been involved in nutritional practice within the Mohawk Valley for 40 years.

The workshop will be held Tuesday, October 14 from 6 - 8 pm. The fee is \$24. Pre-registration is required by October 10, and can be completed by calling (315) 866-0300, ext. 8251, Monday through Friday, 8:30 a.m. – 4 p.m. For more information and/or a complete list of courses, visit our website at www.herkimer.edu/ce/.

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FOR MEDIA ONLY—FOR FURTHER INFORMATION CONTACT KATHERINE MONTANO, 866-0300 OR 888-GO 4-HCCC, EXT. 8259.

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