



100 Reservoir Road | Herkimer, New York | 13350
Phone: 315.866.0300 | Toll-free in NY: 1.888-GO-4-HCCC ext. 8274 | Fax: 315.866.1706

RELEASE DATE: September 30, 2008

SUBJECT: Positive Thinking Workshop

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

Herkimer, NY—Herkimer County Community College is accepting registrations for a non-credit workshop, **The Art of Positive Thinking.**

This workshop explains proven techniques to help you obtain your dreams and be happier and more productive. Concepts such as visualization, positive meditation and goal setting are followed and practiced.

The instructor is Michelle Tuttle, President of \$mart Business Solutions, New Hartford, NY. **The Art of Positive Thinking** will be held Thursday, October 16 from 6-8 p.m. The fee is \$59. For those who cannot attend the session on the 16th, an additional workshop will be offered Thursday, October 23 from 6-8 pm. Pre-registration is required by October 9, and can be completed by calling (315) 866-0300, ext. 8251, Monday through Friday, 8 a.m. – 4:30 p.m.

For a complete list of courses, visit our website at www.herkimer.edu/ce/.

-30-

28—9/30/2008-09

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

HCCC NEWS

www.herkimer.edu