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## Health Education (HE)

### HE 035      Personal Health and Hygiene

(3)

*Class Hours: 54 Lecture**Advisory(s): ENG 001A (ENGL C1000)**Transfers to: UC/CSU**C-ID: PH 100*

#### Personal Health and Hygiene

In HE 035, we'll embark on a journey together to explore a diverse array of topics that touch upon our health and happiness. We'll chat about nutrition, staying active, and finding balance in our lives, alongside heartfelt conversations about body image, mental well-being, and the importance of healthy relationships. We'll navigate important issues like preventing violence, making informed choices about substances, and understanding reproductive health. With care and consideration, we'll delve into how our environment and healthcare system impact our overall health, as well as gracefully embracing the process of aging. Throughout, you'll gain knowledge and discover practical ways to enhance your own health and well-being.

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