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03/27/1981 - Public Service Courses Offered At Easterb

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March 27, 1981

FOR IMMEDIATE RELEASE

CHARLESTON, IL --Non-credit, public service courses to be offered at Eastern Illinois University include:

Karate III will meet each Tuesday and Thursday from 6:30-8 p.m. in the Lantz Gym Wrestling Room, beginning March 31. A self-defense approach to karate will be stressed. The course will extend through April 30.

Trim and Tone II, a systematic body exercise, will be taught on Tuesdays and Thursdays from 8-9 p.m., beginning on April 7 and ending on May 7. Classes will meet in the Lantz Gym Gymnastics Room.

The Paranormal in World Religion will meet each Wednesday, beginning April 8, from 7 to 9 p.m. in Room 216, Buzzard Education Building. An experience in meditation will be part of each class session.

Fee for each course is \$15. Complete information may be obtained by calling the Office of Public Service and Development, 581-3817.

An oil painting class will be offered at Pana High School, beginning Tuesday, April 7, from 7 to 9 p.m. The course will extend through May 19. Fee is \$20, plus materials.