
FOR IMMEDIATE RELEASE

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Transform Your New Year at Bladen Community College!

Dublin, NC – Start the new year with new skills, personal growth, and meaningful connections through Bladen Community College's Community Enrichment courses. Whether you're looking to improve your health, explore your creativity, or try something entirely new, our wide range of classes offers something for everyone—no prior experience required!

This semester, enhance your well-being by joining one of our popular health and wellness classes. Our beginner-friendly Yoga course is designed to improve flexibility, strength, and balance, helping you start the year feeling refreshed. In Nutrition: New Year, New You, a registered dietitian will guide you in understanding proper nutrition, setting achievable health goals, and making healthier food choices to kickstart your wellness journey.

For those with a creative spirit, the Beginner's Maker Series features a variety of fun and engaging courses. Try your hand at Quilting for Beginners, Introduction to Jewelry Making, or Learn to Knit, all taught by expert instructors who will guide you every step of the way.

Join us at Bladen Community College for a fulfilling and inspiring start to 2025. Visit [Bladen Community College's Community Enrichment page](#) to view complete class details and register today!

For questions or more information, please contact the Bladen Community College Community Enrichment office at 910-879-5500.

Course Schedule:

- **Yoga**
Tuesdays, January 7 – February 25, 5:30 – 6:30 PM | Building 9, Main Auditorium
- **Nutrition: New Year, New You**
Thursday, January 16, 6:00 – 7:30 PM | Building 6, Room 117
- **Quilting for Beginners**
Thursdays, January 9 and 23, 6:00 – 8:00 PM | Building 6, Room 117
- **Introduction to Jewelry Making**
Thursday, January 30, 5:30 – 8:00 PM | Building 6, Room 117
- **Learn to Knit**
Thursdays, February 6 and 13, 6:00 – 8:00 PM | Building 6, Room 117

About Bladen Community College

Bladen Community College is committed to providing quality educational opportunities to the communities of Bladen County and beyond. Through its diverse selection of programs, BCC aims to inspire lifelong learning, personal growth, and success for all its students.

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