



**NEW!**

# Dual Enrollment Classes at Lakewood Spring 2026



**HLED3: Contemporary Health Issues**  
**3 Units - UC/CSU Transferrable**

**Mondays & Wednesdays | Time: 2:08 - 3:35PM**  
**February - May 2026**

**COURSE DESCRIPTION:** This course explores today's major health issues and behaviors in the various dimensions of health. The importance of individual responsibility for personal health and the promotion of informed, positive health behaviors is emphasized. Topics include the dimensions of health, vital statistics, infectious diseases, chronic diseases, nutrition, weight management, exercise, reproductive health, aging, mental health and stress, substance use and abuse, healthcare, and environmental health.

SCAN HERE



to sign up

Priority for 11<sup>th</sup> and 12<sup>th</sup> grade  
HOSM Students.

For questions, contact  
LHS Dual Enrollment Counselor  
Mr. Echevarria  
Counseling Office Rm. 1115