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## Manchester Community College Offers Three New Health Career Programs

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Dental Assistant, Fitness Specialist And Polysomnography Certificate Programs To Begin In Fall

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January 09, 2012

MANCHESTER — — Manchester [Community College](#) will offer three new health career certificate programs in the fall.

The programs are dental assistant, fitness specialist and polysomnography, which focuses on sleep disorders.

The 31-credit dental assistant program is designed to prepare [students](#) for careers in the field in as little as eight months, according to a news release. The curriculum is a mix of overview, science and hands-on/practical courses, the release said.

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The 17-credit fitness specialist certificate program is designed to train students for entry-level positions as fitness or wellness specialists, the release said. These specialists help people improve fitness and recover from injuries.

The 24-credit polysomnography certificate program is designed to prepare students for careers as polysomnographic technologists in as little as two semesters, according to the release. Polysomnographers work with physicians to perform and interpret sleep studies and provide comprehensive clinical evaluations that are required for the diagnosis of sleep-related disorders. The curriculum is a mix of science and hands-on /practical courses, the release said.

Information sessions are slated for Jan. 18 at the [college's](#) Learning Resource Center — 11 a.m. for the dental assistant program; 11:30 a.m. for the polysomnography program. Students do not need to sign up in advance to attend these information sessions, the release said.

For more information about the fitness specialist program, visit <http://www.mcc.commnet.edu/academic/cert/fitness-specialist.php> . For more information about health [career training](#) at MCC, call 860-512-2704, or send email [tpoplasky@mcc.commnet.edu](mailto:tpoplasky@mcc.commnet.edu).

—*Jesse Leavenworth*

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