



Workforce Training & Education **October 2018** *Continued from Front*

Date & Time	Training / Description	Location / Registration
<p>October 18 8:30 a.m. to 5:00 p.m.</p>	<p>Freedom From Smoking</p> <p>The American Lung Association, in partnership with WMC Health, is pleased to offer Freedom From Smoking® facilitator trainings for those who are interested in helping adults quit smoking. This gold standard training program will prepare individuals to conduct an eight-session group program using the respective curriculum and materials. Freedom from Smoking is designed to help smokers understand their addiction to tobacco and give them tools to make quitting easier.</p>	<p>LOCATION: Yonkers Family YMCA, Library, 17 Riverdale Avenue Yonkers, NY 10701</p> <p>REGISTRATION: Action.Lung.org/Liberty-FFS</p>
<p>October 23 8:15 a.m. to 3:30 p.m.</p>	<p>Dutchess Workplace Wellness</p> <p>The Workplace Wellness Summit provides a comprehensive day of education, information, and inspiration to all participants who wish to provide low-cost worksite wellness programs in their business, school or organization.</p>	<p>LOCATION: Family Partnership Center Cafeteria, 28 N Hamilton Drive, Poughkeepsie, NY 12601</p>
<p>October 26 9:00 a.m. to 4:15 p.m.</p>	<p>Ulster County Blueprint For Health Equity</p> <p>The Blueprint for Health Equity is an extraordinary opportunity for professionals in the fields of behavioral health, social services, government, law enforcement, education, healthcare, media, religious organizations, and others, to take a fresh look at the work of their organization through the eyes of the people they serve. This workshop will explore the social determinants of health through a health equity lens.</p>	<p>LOCATION: Ulster County Department of Social Services 1061 Development Ct, Kingston, NY 12401</p> <p>REGISTRATIONS: https://ulster_blueprint2018.eventbrite.com/</p>
<p>October 31st to November 1 8:45 a.m. to 4:30 p.m.</p>	<p>Motivational Interviewing</p> <p>MI is a client/patient-centered and goal-oriented approach. Motivational Interviewing (MI) is a clinical tool. Attendees will learn the 'MI Spirit', the specific components that comprise MI, and the tool of 'Change Talk' to help clients commit to change.</p>	<p>LOCATION: Mental Health Association of Westchester 580 White Plains Rd, Suite 510 Tarrytown NY, 10591</p> <p>Registration: https://tinyurl.com/yaylm3zg</p>

