



HEALTH EDUCATION SERIES

**QUALITY PROGRAMS
 HOSTED BY OUR
 HEALTH EXPERTS
 AT NO COST TO YOU!**



SUBJECT OFFERINGS:

ABOUT US

WHITNEY YOUNG, HEALTH'S MISSION IS TO DELIVER EQUITABLE AND ACCESSIBLE QUALITY CARE. WE ENVISION A FUTURE IN WHICH ALL PEOPLE ACHIEVE THEIR HIGHEST LEVEL OF HEALTH AND WELL-BEING. WALK TOWARDS THIS FUTURE WITH US, BRING HEALTH EDUCATION TO YOUR COMMUNITY AT NO COST TO YOU!

3 EASY STEPS:

1. **SELECT YOUR DESIRED SUBJECT**
2. **COMPLETE WORKSHOP REQUEST FORM**
3. **SUBMIT COMPLETED REQUEST FORM TO KAYLA ARDITO AT [KARDITO@WMYHEALTH.ORG](mailto:kardito@wmyhealth.org)**



For more detailed subject offerings please visit the Health Education page on our website.

- ✓ **GENERAL MEDICAL**
 - DIABETIC MANAGEMENT
 - CARE COORDINATION
 - WELLNESS
- ✓ **BEHAVIORAL HEALTH**
 - STRESS MANAGEMENT
 - MENTAL HEALTH AWARENESS
- ✓ **SUBSTANCE USE DISORDER**
 - RECOVERY BASICS
 - BUILDING A SUPPORT SYSTEM
- ✓ **SEXUAL HEALTH**
- ✓ **DENTAL**
- ✓ **WIC**
 - QUALIFYING INFORMATION
 - PROGRAM DETAILS
- ✓ **ORGANIZATIONAL SUPPORT AND COMMUNITY ENGAGEMENT**
 - WOW BOOKING PROCESS
 - COLLABORATION FOR COMMUNITY: BUILDING STRONG RELATIONSHIPS

MORE INFORMATION :

-  (518) 465-4771
-  920 LARK DR.
ALBANY, NY 12207
-  [WMYHEALTH.ORG](http://wmyhealth.org)



MAKE HEALTH EDUCATION ACCESSIBLE FOR ALL

Looking for a topic you don't see here? Please contact Kayla Ardito to share topics you want to see!

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HEALTH EDUCATION SERIES REQUEST FORM

Contact Name: _____ Email: _____

Organization: _____ Role: _____

Proposed Workshop Site: _____

Class Size: _____ Age Group: _____

Tell us about your anticipated group attendees: _____

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PLEASE SPECIFY TOPIC & PARTICIPANTS LEVEL OF UNDERSTANDING



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