



## The Public Authority for IHSS in Alameda County Online Training

Public Authority for IHSS in Alameda County provides  
FREE online/on the phone training  
to the IHSS Providers and Recipients.

Please, join us and take advantage of online training  
in the comfort of home.

Please review the upcoming training schedule for September 2020 and  
open the link to sign in for each class that you are interested:

- Good Health and Happiness** – Sept 10 (Thursday) 1:30pm - 3:30pm  
To register, click here: <https://zoom.us/j/93432248805>
- Caring for Yourself While Caring for Others** – Sept 14 (Monday) 9:30am - 11:30am  
To register, click here: <https://zoom.us/j/98284996817>
- Nutrition & Healthy Meal Planning** – Sept 16 (Wednesday) 1:30pm - 3:30pm  
To register, click here: <https://zoom.us/j/95204960609>
- Covid-19 Mindfulness Resources** – Sept 22 (Tuesday) 9:30am - 11:30am  
To register, click here: <https://zoom.us/j/94852808758>
- Stress Management** – Sept 24 (Thursday) 9:30am - 11:30am  
To register, click here: <https://zoom.us/j/91899087535>
- Pain & Medication Management** – Sept 28 (Monday) 1:30pm - 3:30pm  
To register, click here: <https://zoom.us/j/98042608428>
- Active Living to Manage Blood Pressure and Falls** – Sept 30 (Wed.) 9:30am - 11:30am  
To register, click here: <https://zoom.us/j/92695358173>

**Call 510-577-3554 for any additional information.**