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Public Authority for IHSS in Alameda County Online Training Schedule

The Public Authority for IHSS in Alameda County provides

FREE training to active IHSS Providers and Recipients

**Class Offerings for September 2021:**

   **Financial Wellness**

September 8th (Wednesday) 9:30 am –11:30 am

 Instructors: Home Mortgage Consultant Mariana Flores-Herrera & Senior Program Manager Mameet Chahal

 Topic 1: Learn more about becoming a homeowner & Topic 2: Let’s talk credit

   **Importance of Direct Support Professionals**

September 10th (Friday) 9:30 am –11:30 am

 Instructor: Alva Gardner, Founder | The 4\*3 Perspective. A presentation on the importance of direct service

 Professionals in the lives of people with disabilities.

 **Nutrition**

 September 16th (Thursday) 1:30 pm – 3:30 pm

 Instructor: Jackie Russum - Diabetes Educator & Nutritionist. In this workshop, you'll learn about serving sizes vs

  portions, choosing antioxidant beverages, and how to stress less to support a healthy metabolism.

   **Blood Pressure and Stroke**

 September 24th (Friday) 9:30 am –11:30 am

 Instructor: Rajinder Singh is a Diabetes Educator & Senior Nutritionist. This class will cover hypertension types,

 facts, causes, symptoms and the Dash diet. Stroke symptoms, causes and risk factors will also be discussed.

 **Dental Health**

 September 28th (Tuesday) 2:00 pm – 3:30 pm

 Instructor: Dr. Prarthana Joshi is a Program Assistant with the Alameda County Office of Dental Health. Caregivers

 and clients will learn how to identify and manage common dental problems and perform preventive care.

**Contact us at PAtraining@acgov.org for any questions.**