

Vaya Health Trainings 2023 Eastern Region

Open to the Public

Location:

Alleghany Library

115 Atwood Street, Sparta, NC 28675

Held the 3rd Thursday of each month

To Register:

Go to Vayahealth.com/Calendar or

call the Alleghany Library @ 336-372-5573



Vaya Health’s Geriatric Team serves: Alexander, Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Catawba, Cherokee, Clay, Graham, Haywood, Henderson, Iredell, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Surry, Swain, Transylvania, Watauga, Wilkes, Yadkin, and Yancey counties.

Date	Topic 1 (12:15pm-1:15pm)	Topic 2 (1:15pm-2:15pm)
Jan 19	Enriching Mental Health with Complimentary Treatments Part 1	Enriching Mental Health with Complimentary Treatments Part 2
Feb 16	Personality Disorder: Reaction to Interaction	Facing the Emotional Challenges of Chronic Illness
Mar 16	Hoarding Disorder: Hidden Secrets	Anxiety: Managing Nervous Energy
Apr 20	Understanding Schizophrenia and Psychosis	Antipsychotics: Indications, Risks and Challenges
May 18	Living with Anxiety: Medications that Help	Facing Substance Use and Misuse in Your World
Jun 15	OCD: Thought-Behavior Cycle	PTSD: Healing the Emotional Wound

Hosted by Alleghany Library in partnership with the Vaya Health Geriatric & Adult Mental Health Specialty Team. All Vaya Health trainings are free and accredited through the NC Division of Health Service Regulation which awards one contact hour for each hour of training. (See reverse side for July-December)

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Date	Topic 1 (10:00am-11:00am)	Topic 2 (11:00am-12:00pm)
Jul 20	An Overview of Mental Health Part 1	An Overview of Mental Health Part 2
Aug 17	Opportunities to Help During Crisis	Communication 101
Sept 21	Neurocognitive Disorders and the Basics of Dementia	Treating Dementia: Medications and More
Oct 19	Navigating Depression: Finding Happiness	Bipolar Disorder: Creating Balance
Nov 16	Suicide and Aging...Conversations for Life!	The Many Uses of Antidepressant Medications
Dec 21	Dementia: A Deeper Understanding	Not as Prescribed: Effects of Medication Misuse

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