



Third Target Health Training (June 2019)



MHA will hold a **third Target Health training on June 4th in Baton Rouge** for facilitator certification. MHA will reimburse mileage up to 99 miles if this is your first training session.

Where: MHA Main Office, 544 Colonial Drive, Baton Rouge, LA 70806

When: June 4th, 2019

Time: 9:00am - 5:30pm (includes a lunch break but lunch is on your own)

We will take the first 15 registrations. **Please send an email to hdowning@mhagbr.com if you are interested in attending.**

Improving Lives with Target Health

Nearly 60 Target Health facilitators have been trained and certified since our second training in April. Staff was delighted to have so many engaged participants and look forward to the courses that are now starting to take place across the state.

One of the core objectives of Target Health is to foster a greater quality of life in those who participate in a course. By leading a course, you will be providing the participants with an education in whole health management, a sense of community through peer support, and guided structure in setting and achieving goals. With mental health peers living on average 25 years less than their counterparts, we know the Target Health message is needed. We also know that leading a course will be a rewarding experience for both the facilitators and participants involved. And here at MHA we will provide you with the training and resources you need in order to do so! Please let staff know if we can help you schedule a course in your area. Help us get peers on track to whole health!



Target Health Resources

Staff has updated the website since our trainings in January and April to add all of the resources you need to get Target Health started in your area. Click the link below to check out what is available. Our goal is to make it easy for you to lead a course. Two facilitator lead courses have been completed already and two more are in progress! You could be next! Let's work together in expanding Target Health and reaching even more people with the message of healthy living and targeted goal setting!

[Target Health Website](#)

Everything you need to run a group!



www.mhagbr.com