

# Young Adult Strategies Program

SUBSTANCE MISUSE  
*Prevention*  
NETWORK



## Healthy Work Life

This program is designed for young adult (18-26 year-old) employees to raise awareness of connections between personal health choices and their effect on co-workers, clients, employers, and personal work life.

NORTH COUNTRY  
*Public Health*  
NETWORK



While designed for young adults, this program has something to offer everyone.

*North  
Country*

SUBSTANCE  
MISUSE  
PROGRAMS

Addresses anger and stress management, nutrition, tobacco, and substance misuse to help young adults connect their personal health behavior choices with a happy and productive work life.

### Location:

**White Mountains Community College**

**@ 12 - 1 pm on:**

- **September: 23 ,30**
- **October: 7, 14, 21, 28**

### Contact:

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**Public Health Coordinator**  
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The Young Adult Strategies Program is a limited pilot program funded through a Bureau of Drug and Alcohol Services (BDAS) Partnership for Success Grant.



**North Country**  
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the health status of Northern New Hampshire*

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