

# Health and Wellness

There are two Certificate programs offered in Health and Wellness: Coach and Advocate. A Wellness Advocate's role will be to counsel basic principles and skills of wellness and nutrition. These classes transfer into the Wellness Coach Certificate.

## Health and Wellness Advocate

### Spring Semester

BCHE112 Nutrition

BHUS223 Introduction to Counseling



## Scholarships Available! Cover 100% of Program Costs!



*Health and Wellness Advocate Certificate  
Licensed Nursing Assistant (LNA)  
Medication Nursing Assistant (MNA)*



North Country Health Consortium and White Mountains Community College were awarded a 3-year grant from HRSA to fund scholarships for the above programs.

*For more information contact:*

*Lynn Davis, Allied Health Science Department Chair  
ldavis@ccsnh.edu or (603) 342-3036*

# Licensed Nursing Assistant



The Licensed Nursing Assistant (LNA) is responsible for providing direct and indirect patient care duties for a group of patients, from simple to complex, for the specialty population on the unit or department, under the guidance and supervision of the registered nurse.

# Medication Nursing Assistant

A Medication Nursing Assistant (MNA) is a Licensed Nursing Assistant (LNA) who has completed a Board approved medication administration program conducted by a Board approved Registered Nurse. White Mountains Community College offers a high-quality MNA program with 35 hours of theoretical content and 35 hours of clinical content. The MNA is intended to function as a care partner of the RN/LPN in the task of medication of administration to stable clients.