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## ELLIOT HEALTH SYSTEM LAUNCHES NEW EDUCATIONAL SERIES FOR TEACHERS

Manchester, NH -- Elliot Health System, in partnership with the Greater Manchester Professional Development Center, will offer a continuing education series with continuing education credit for the professional growth and development of teachers. This new series, *Healthy Teachers*, provides educators with an opportunity to learn strategies from healthcare experts for use at home and in the classroom. Elliot Health System is committed to preventative healthcare and community partnerships that promote health education.

The series will feature three sessions, all of which will take place at Elliot Hospital's Conference Center, ground floor, One Elliot Way in Manchester. Each session is \$10. Register by calling Elliot On-Call at 663-4567.

### Session I Thursday, August 16, 4:30 to 7 p.m.

ADHD Information and Support for Teachers  
*Linda Bagshaw, LCMHC, Elliot Behavioral Health Services*

Relaxation Techniques  
*Kathryn Key, PT, Manager of Elliot Rehabilitation*

Cook Better! Live Better!  
*Chef Joe Stanislaw, Director of Elliot's Food and Nutrition Services*

### Session II Thursday, September 27, 4:30 to 7 p.m.

Understanding Asthma and Strategies to Confidently Manage Asthma in the Classroom  
*Jack Alexander, MD, Elliot Primary Care at Londonderry*

Understanding Anger and Keeping it from Getting the Best of You!  
*Shawne Diaz, LCMHC, Elliot Behavioral Health*

Techniques to Keep Classroom Germs at Bay  
*Lynda Caine, RN, Director of Infection Control at Elliot Hospital*

### Session III Wednesday, November 7, 4:30 to 7 p.m.

Cardiovascular Health for Teachers  
*Carl Fier, MD, FSCAI, NH Cardiology Consultants*

Peanut Allergies and What to do in an Emergency  
*Andrew Rosen, MD, Elliot Primary Care at Londonderry*

Burn Calories While you Teach!  
*Chris Guthro, M Ed, Elliot Community Health Educator*

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