

PRIME FOR LIFE CLASS AUGUST 15 AND 17

Early intervention program to prevent substance use in teens 14-17 years old

Ludington, MI, August 3, 2017– Are you the parent, relative, or friend of a teen who is making high-risk choices with drugs or alcohol? There is help. And it's FREE.

District Health Department #10 is now offering the Prime for Life® program for teens 14-17 years old who live in Mason or Oceana County. Prime For Life® is an evidence-based motivational prevention, intervention and pretreatment program specifically designed for people who might be making high-risk choices. It is designed to change drinking and drug use behaviors by changing beliefs, attitudes, risk perceptions, motivations, and the knowledge of how to reduce their risk of alcohol and drug related problems throughout their lives.

A 2-part series of the program will be offered at the District Health Department #10 office in Ludington next month:

When: Tuesday, August 15th, and Thursday, August 17th from 6-9pm

Where: 916 Diana Street, Ludington, MI 49431

Who Should Attend: Teens 14-17 years old who may be starting to experiment with drugs or alcohol, or need guidance in making healthier choices. Registration is limited to the first 15 participants who sign-up by August 11th.

How to Sign-Up: Register via this link: <https://goo.gl/dVxTE2> or by contacting the class instructors.

Participants must attend both sessions to complete the program. Dinner will be provided on both nights. If transportation is a concern, contact the class instructors.

Instructor Contact Information:

Katie Miller- (231) 316-8567, kmiller@dhd10.org

Kortni Garcia- (231) 902-8539, kgarcia@dhd10.org

About DHD #10

District Health Department #10 (DHD #10) is Michigan's largest geographical health department, mandated to promote and protect the public from unsafe and hazardous conditions and provide methods of promoting good health and disease prevention. Some of the vital programs provided by DHD #10 include Immunizations, Infectious Disease Control, STI Testing and Counseling, WIC, Maternal Infant Health Program, Healthy Families Northern Michigan, Children's Special Health Services, Hearing and Vision Screening, Family Planning, Cancer Screening, Worksite Wellness, Smoking Cessation, Substance Use Prevention, Chronic Disease Prevention, and Environmental Health Services. DHD #10 serves Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford counties. For more information, visit www.dhd10.org.

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COUNTIES SERVED:

Crawford
Kalkaska
Lake
Manistee
Mason
Mecosta
Missaukee
Newaygo
Oceana
Wexford



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