



Frequently Asked Questions

- **What are the Advanced Techniques Tobacco Free and Well Body Trainings?**

The DIMENSIONS: Advanced Techniques Tobacco Free and Well Body trainings are evidence-based one and a half day trainings intended for all healthcare providers including peer advocates. Trainees learn motivational engagement strategies, community referrals, educational activities, and individual and group wellness interventions. Attendees also receive a six-week group curriculum that supports positive health behavior change. These trainings are a train-the-trainer model, meaning participants will leave the training with the materials and knowledge to then train others at their organization.

The **Tobacco Free Training** is designed to teach providers and peers the necessary information and skills they need to promote successful tobacco cessation within their organizations. The program teaches trainees the skills and resources to promote positive behavior change in individuals interested in living tobacco-free and provides information on tobacco addiction, tobacco cessation strategies, and motivational interventions for tobacco cessation.

The **Well Body Training** is designed to teach healthcare providers and peers the skills and resources to promote physical health and well-being for their clients. Attendees learn about nutrition and weight management, factors that influence weight and health, and behavior change strategies.

- **Who should attend the Advanced Techniques Trainings?**

Anyone who is interested in promoting health and wellness behaviors and intervention strategies with clients they work with through their agency or organization. This includes (but is not limited to!) health coaches, peer specialists, healthcare providers, physicians, physician assistants, nurses, counselors, alcohol and drug treatment staff, WIC staff, public health department employees, clinic and hospital staff, etc.

- **The Advanced Techniques trainings are 1.5 days each. Do I have to attend the full 1.5 days?**

Yes. You need to attend the full 1.5 day training to receive a certificate of completion and to be able to use the group curriculum, which is addressed on the second day.

- **Can I attend both Tobacco Free and Well Body Advanced Techniques trainings?**

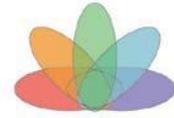
Absolutely! Attending both the Tobacco Free and Well Body Program trainings is encouraged.

- **How do I get to the training?**

The training will be held at the Mesa County Workforce Center – 510 29 ½ Road, Grand Junction, CO 81504.

- **Where can I park?**

There is a parking lot available at the training location. The parking fee is \$5.00 per night per vehicle.



Hotel and Lodging Information

Fairfield Inn & Suites Marriott

- Located in historic downtown Grand Junction, CO at 225 Main Street.
- Group/government rate, including breakfast, is \$84.00/night. Make reservations through the front desk at 1-970-242-2525. The rooms are blocked under the name "Behavioral Health Seminar." If you are tax exempt, please let them know at the time you make your reservation.