

From the Office of Mental Health Promotion Issue: December 1, 2011

Events

- Rochester Public Market Cookbook
- Bullying Discussion
- Society for Adolescent Health and Medicine Meeting
- Managing Clinician Wellness and Performance
- Mindfulness Based Stress Reduction (MBSR) Workshop

Rochester Public Market Cookbook At the Heart of it All: Sharing the Recipes, the Stories & the Love

of Our Market .All of the proceeds from the cookbook will support the Public Market Token Program that enables people to use their Food Stamp EBT cards to purchase fresh, affordable and local produce from area farmers. The cookbook retails at \$22.95 + tax and can be ordered online at the Rochester Public Market Center or 585-224-3057

When: December 6, 2011 3:30-5pm

Where: Monroe Community Hospital, 7th Floor 435 E. Henrietta Rd

More information: Contact Jerard Johnson at (585) 753-2695 or

JerJohnson@monroecounty.gov

Society for Adolescent Health and Medicine Meeting

What:

half day silent retreat on a Saturday afternoon, 3-7pm toward the end of the workshop, which includes a vegetarian meal. This workshop is open to the public, it is non-denominational and health focused. It is offered as education.

Facilitators: