

The 3rd Annual “Run to End Addiction” 5K to feature “Kid’s Zone,” face-painting, live music, games, food, bounce house and more!

Join thousands of Teen Challenge supporters on the beautiful campus of Bridgewater State University for a day filled with entertainment, food, fellowship, prizes, and so much more!

Individuals, teams, churches, schools, and corporations from around the state will join together in support of our efforts to End Addiction. You can help make this campaign a success; people from all walks of life are welcome. Your time and enthusiasm are greatly appreciated!

There will have live music, a Kid Zone with face painting, games and bounce houses, and FREE food! The goal is to create an environment where the community can join together in raising awareness and hope for those in our midst who suffer from substance use disorder.

Money raised will go towards supporting sponsorships to Teen Challenge Massachusetts. Teen Challenge Massachusetts provides adults, teens and families with an effective and comprehensive Christian faith-based solution, clinical counseling, and life-coaching for drugs, alcohol, and other life-controlling problems in order to become productive members of society.
Register Online: racewire.com/register.php

5K Run/Walk

Bridgewater State University,
131 Summer Street,
Bridgewater, MA

Saturday, June 1, 2019, *rain or shine*

Registration opens at 7:30am; Race begins at 9:00am; Walk begins at 9:05am

Parking is at the Bridgewater State Parking Garage, 451 Great Hill Drive, Bridgewater.

Facebook: facebook.com/TeenChallengeBrockton/

"My name is Teddy Conseillant. I grew up in a very violent neighborhood in Brooklyn, New York. My mother was a single parent and a prayer warrior. I remember being forced to go to church but I didn't want anything to do with God. At age 13, I joined any gang and ran the streets for years. Gang banging was my life and but I didn't do drugs because I was paranoid. When I was 19, a very close friend got shot twice in the chest right in front of me. He died in my arms. His death affected me greatly and I stopped caring about anything. My behavior became out of control.

My biological father was not a part of my life, but I always had a father. His name was Pastor Barry. I met him when I was ten years old. We became very close and he became my Pops. He adopted me into his family. He always tried to get me in church but it never worked. By the age of 22, I had three beautiful daughters and a very bad drinking habit. I chose the bottle over my daughters. I couldn't stop drinking. My life was quickly becoming a mess. I didn't know what to do.

I called Pops and told him that if I stayed on the streets I would die. He told me to come to Teen Challenge. Teen Challenge opened my eyes to the truth. Learning how to submit

was a major part in my change and I quickly fell in love with Christ.

I had come into Teen Challenge a high school dropout, but I was able to get my high school diploma in Teen Challenge. Last January I started college at North Point Bible College. I couldn't have done any this without Christ!" – Teddy

Here's how to participate:

1. Complete your registration by going to racewire.com/register.php.
2. Start a Crowdrise fundraiser at crowdrise.com/RunToEndAddiction2019 and ask people to sponsor you. Spread the word to your friends, family, co-workers, everyone!
3. Show up on race day! Come to run, walk or just spend your morning with us as we gather together as a community.

Additional Details: This year's event is chip timed. Everyone that registers on or before May 19th will be receiving a premium quality custom Run to End Addiction t-shirt. Custom finisher medals will be given to everyone that crosses the finish line and there will also be great prizes for First, Second and Third place winners for Men & Women.

We encourage both runners and walkers of all ages to sign up! There will be music, kid-friendly games, light refreshments and informational booths for those attending.

Please contact Run to End Addiction 5K Committee Chair John at progdev@tcmassachusetts.org or (508) 326-7365 with any questions or concerns.

Please note that you will receive a tax-deductible receipt for all donations.

You can also donate to Teen Challenge directly by starting a Facebook fundraiser, a Crowdrise fundraiser, or by simply joining or donating to another already existing fundraiser.



**LET'S
FACE
IT.**

**RUN *to*
END ADDICTION**

JUNE 1, 2019 | 9:00AM START TIME
BRIDGEWATER STATE UNIVERSITY

Register at www.RunToEndAddiction.com

 **Teen Challenge
Massachusetts**
Freedom from addiction starts here

Coastal Foodshed's SouthCoast Local "Food Fight" Fundraiser, May 11

Coastal Foodshed is hosting their First Annual Fundraiser! It will include an Iron Chef-style cooking competition between 2 local chef teams dNB Burgers/Union Flats vs. Smoke and Pickles Catering.

They are serving up tasty local eats and drinks, jamming to live music, and offering one lucky guest an opportunity to be a judge with Maria Lawton and Chef Joe Rego to name our Southcoast Local Food Fight Champ!

Help us kick-off the growing season, and support Coastal Foodshed's mission of making local food accessible for all.

\$75 for one general admission ticket. \$130 for a pair of tickets. Get your tickets [here](#).

WHO, WHERE & WHEN:

Madeira Portuguese Feast Grounds

50 Madeira Ave,

New Bedford, Massachusetts 02746

Phone: 508-817-1785

Email: localfood@coastalfoodshed.org

Saturday May 11, 5:00pm-8:00pm

Facebook Event Page: facebook.com/events/2224461631148425/

Website: coastalfoodshed.org/a-southcoast-local-food-fight

a local southcoast
FOOD FIGHT
MENU

GRAZING TABLE

Feta & Dandelion Quiche
Smoked Scallop Flatbread, Dill & Bacon
Moroccan Carrot Dip
Beet Hummus
Charred Spring Onion Dip
Assorted Cheeses
Seasonal Crudite & Pickles
Toasts & Seeded Crackers

BUFFET

Field Green Salad with Chive Blossom Vinaigrette
Pulled Chicken, Kale & Beet Saute
Local Beef Meatballs
Nettle Pesto Pasta
Herb Roasted Veg
Focaccia

DESSERT

La Rhonda Jam Thumbprints
Dark Chocolate Brownies
Local Honey & Lavender Shortbread
Dessert From Captivating Twists
Coffee & Cardamom Bark
Fresh Fruit
Coffee & Tea

Food crafted by Paladar Kitchen
and sourced from local Southcoast farmers and producers
Menu subject to change due to seasonal availability

About Coastal Foodshed

Coastal Foodshed grew out of the work of Mass in Motion New

Bedford (MiM NB), which was created through the Massachusetts Department of Public Health to affect policy, systems, and environment changes in the areas of healthy eating and active living.

MiM NB eventually began creating and managing programs that were filling identified gaps and oftentimes acting as conduits for food access and distribution. In time, MiM NB reached its limit in capacity and found, due to its structure, it was unable to apply for certain funding sources, seek donors, and expand its work to continue meeting the community's need without veering too far off course from Mass in Motion's original mission.

In 2017, Coastal Foodshed was created as a direct response to this barrier, allowing MiM NB to return fully to its original focus as a policy, systems, and environment change agent.

New Bedford's Haskell Gardens "Spring Plant Sale" starts May 11th

Spring has sprung! It's time for you to get your gardening tools ready! Spring is here and that means it's time plant your flower garden.

Haskell Public Gardens is always ready to get their hands dirty, and what better way to start the season off is with some new plants?!

If you love a deal, you won't want to miss Haskell Public Gardens 5th annual spring plant sale! The event is **FREE** and open to the public. This year's selection will feature time-tested Haskell favorites, hot new cultivars, with a special focus on edibles, pollinator-friendly, and native plants! Trustees staff members and volunteers will be on hand to answer your questions.

If you are a Trustees member you automatically get 10% off. Not a member? You have more incentive than ever to sign up on May 11th because all new members will receive 20% off! And even further incentive is that members get a special preview an hour before the sale opens to the general public: for you doors open at 9:00am!

RSVP to the event on Facebook [here](#).

Haskell Public Gardens

787 Shawmut Ave.

New Bedford MA.

Phone: (508) 636-4693

5th Annual Haskell Spring Plant Sale Event Page:
facebook.com/events/547183929103947/

Facebook: facebook.com/thetrusteessegardens/

Website: thetrustees.org/



2019 5th Annual Westport “Tough Kids” challenge: get dirty, have fun, help a great cause, June 9

Calling all kids and families to the TOUGH KIDS CHALLENGE!

On Sunday June 9th, 2019 you can encourage your kids to come play in the mud, have fun as a team and help raise money for a great cause. Come get muddy and Challenge yourself on the 1/2 mile WES MAC PT0.



Photos courtesy of Josh Souza

Work your way through 15 fun obstacles such as climbing walls, swinging over water, running through the tire pit, crawling through the mud and much, much more! Sign up as an individual or create a team with family and friends and get ready for an exciting outdoor challenge! We encourage parents to register and run alongside their children. Choose a team name, design your own team shirts and wear them with pride!

Teams are encouraged to decorate their own T-Shirts. There will be a basic wash up facility provided for those getting muddy, so we encourage participants to bring towels and a change of clothes. Food & Drinks will be available to purchase from Foodzilla & Kona Ice.

Want to register? Visit facebook.com/events/2780108712213362/. You can purchase tickets here: toughkidschallenge.eventbrite.com. **\$15 EARLY REGISTRATION ENDS JUNE 8th**. You can also register on the day of the event (\$20 per person).

WHERE :

Westport Rivers Vineyard & Winery

417 Hixbridge Rd, Westport, Massachusetts 02790

EMail: Westporttoughkids@gmail.com

Check them out on Facebook: facebook.com/toughkidschallenge

5th Annual
**TOUGH
KIDS
CHALLENGE**

Come Get Muddy Challenge Yourself & Have Fun on the Obstacle Course!!

1/2 Mile Obstacle Course Designed for Ages 4 and Up

**Perfect for
Birthday Parties
and
Team Building**

- Run Through the Tire Pit
- Slide Down the Water Slide
- Crawl Through the MUD
- And Much, Much More!



All proceeds will benefit
the WES MAC PTO

**Sunday June 9, 2019
From 10 am - 12:30 pm**

Ages 4+
Westport Rivers Winery

\$15 per person
Medal for all kids at
the Finish Line
Food available for
purchase

Register online at: www.toughkidschallenge.eventbrite.com

Early Registration ends June 5 • Day of event, \$20 per person

Visit us on Facebook: <https://m.facebook.com/toughkidschallenge/>

Parents are encouraged to register and run alongside their children.

Tower Mill Self Storage invites you to their Grand Opening on May 11th in Fall River

Are you looking for a new & reliable facility to store your belongings? Consider Tower Mill Self Storage which is opening in Fall River. Located at 657 Quarry Street, they provide affordable and secure options to fit any budget.



On May 11th they are having a grand opening event to help celebrate and the general public is invited. If you move in during the grand opening the first month is FREE and you receive a complimentary lock!

While your there you can check out the fun activities we have planned:

- A complementary cook out!
- Coffee and tea from Mission Cold Brew Co..
- Games, prizes and a live broadcast with Fun 107.
- Fall River Reporter will be streaming live.

Facebook

Event:

<https://www.facebook.com/events/348530945779041/>

Ready to make the switch now and book a unit? **Click here to get started:**

<https://www.sitelinkstore.com/Tower-Mill-Self-Storage>



TOWER MILL SELF STORAGE OPENING SOON!

Trust us with your Stuff
Reserve your spot today
Call Us (774) 855-4312

657 Quarry St • Fall River • MA 02723
TowerMillSelfStorage.com

Units in all sizes available

5' X 5'- \$59 Monthly
5' X 10'- \$84 Monthly
10' X 10'- \$125 Monthly
10' X 15'- \$175 Monthly
10' X 20'- \$199 Monthly



A Trattoria that honors tradition yet stands out among the rest: Trattoria Romana at Twin River Tiverton Casino

Oh, let me count the ways I've eaten Italian cuisine.

Being Sicilian I grew up around it and so I had a benchmark based on my grandmother and mom's cooking – something I used to compare to the dishes and cooking of everyone else, whether that of family, friends, or restaurants. No one did it better than those two – the quintessential characteristics of simple recipes, the freshest ingredients, and balanced proportions were improved with the sheer love that went the dishes.

No matter what anyone says, it is an integral ingredient to a dish that we can taste. From casual and formal, pizza to Cioppino, and everything from Bruschetta to Cannoli, I've had it. Short of actually eating in Italy proper, there is nothing under the sun I have not experienced in the wonderful, delicious Italian foodie world.



That pretty much sums up most of the world since Italian food is one of the planet's most popular. Most Americans live within a cannoli's throw of an eatery, pizza "joint," or fine restaurant.

The dilemma that Italian food presents is one of saturation. but setting oneself apart from the rest. Trattoria Romana at Twin River Tiverton Casino does just that and even manages to include that key, intangible ingredient of love. While this love is not from nonna or mom, most people don't have one of those so this is the next best thing.

While on the topic of the next best thing, considering we almost had a casino in the city, this is also the next best thing to that. For those who enjoy sports betting, slots, gambling, etc. the added bonus of the Trattoria being at a casino means you can have a bit of fun before or after – who knows, maybe hit it big or have fun trying. It certainly beats the 90-minute drive to Connecticut and I was shocked at how

short of a drive it was.

We Yankees here in Massachusetts are laughed at when we answer the question about how far away a destination is because we don't respond with how many miles, but that's because we have a pragmatic lean. So, it is a 15-minute drive from New Bedford- that's how many "miles" it is. Think of how far of a drive Fall River is and you'll get an idea.



I am not a gambling man and may visit a casino once every few years, but I sure enjoy eating!

You may be thinking "another Italian restaurant! I have foodie fatigue!" Now, hold your *cavalli* and cool your *getti* because not all Italian restaurants are created equal and not all Italian restaurants offer the same dishes and in the same way. Beyond the menu, there is also the freshness of ingredients, the quality of service, portions and affordability. That saturation has forced restaurants and chefs to raise the bar. They **must** stand out and stand out above the rest.

Trattoria Romana does just that.

The first thing that comes across from every single person we interacted with was the genuine pleasure everyone exuded. When a restaurant realizes that their staff is the best asset so they hire people that enjoy what they are doing it translates to a benefit for us, the eater. You want chefs that are inspired when it comes to the menu and what they put on the plate. You want servers who like people, enjoy their job.

That is the aforementioned intangible, key ingredient of love that grandmothers and moms (and dads!) put into every meal. It's here at Trattoria Romana.

The restaurant itself has a variety of seating areas with an equal variety in lighting to accommodate each customer's desire – whether eating alone, as a couple or a group or because you want a romantic intimate setting or something less formal. An absolutely gorgeous dark wood and glass wall is filled with an astounding array of wine varietals. If you are like me, a self-proclaimed Oenophile, it's love at first sight. What I love about the display is being able to see all the wines in their glory as opposed to some dry text on a menu. If you know your wines, you will likely recognize many labels.



Vintage black and white images of quintessential Italian celebrities decorate the walls and breathe life into the blending of real stone and brick with hues of dark wood. A sort of modernized rustic ambiance.

That sort of traditional meets the new is reflected in the menu and dishes. No, that doesn't mean *lasagna fois gras*, spaghetti with sea urchin Bolognese, or some other obnoxious idea of fusion. When it comes to Trattoria Romana it translates into a healthy respect and admiration for tradition but makes subtle improvements where possible.

Lest you think the chef isn't qualified to do such a thing, and only an Italian should be allowed to do so: Chef Luciano Canova was born in on a small farm just outside of Rome, Italy where the entire household was cooking. He then attended the prestigious Culinary Institute of Italy in Copanello, Province of Catanzaro before cutting his "teeth" working all around the world including Switzerland, Germany and on a luxury cruise line. You may even bump into Luciano in the dining room greeting customers.

Three traditional aspects that stood out as we all bit into all the food were proportion, quality and freshness. I look at highly-salted food as a sign of a chef's inability to trust his cooking or it's to disguise the poor quality of the ingredients.

Every dish that came out bursting with the flavor that only fresh ingredients can give. Salt was an element that was properly utilized to compliment those fresh ingredients and bring out the flavors. Same goes for all the ingredients, not just the salt. I hate to sound pithy or use a tired cliché, but I get it when people say "It's a symphony in every bite." Every "note" in its proper place, no section trying to drown out the others. What a breath of fresh air.



We placed our trust in the kitchen and asked the knowledgeable waitress choose all the dishes for us. We wanted to be taking along for a ride.

We started with two salads: first the **Insalata Alla Greco**

(\$6.95) – chopped Romaine, beefsteak tomato, cucumber, red onion and Kalamata olives dressed with red wine vinaigrette, croutons and feta cheese. Fresh, fresh, fresh. The vegetables had snap, the vinaigrette was clearly made from scratch, the croutons made in house. How was a meal-sized salad this good at \$6.95? È incredibile!

Then was the **Prosciutto e Mozzarella** Smoked mozzarella cheese wrapped with imported Prosciutto di Parma lightly sautéed served with artichoke hearts, black olives, cubanito finger peppers stuffed with prosciutto & sharp provolone served over mixed greens with extra virgin olive oil (\$12.95). Also a meal-sized portion and absolutely loaded.

Don't run away scared meat lovers. There is a special room and special menu **just for you**, the Tuscan Chophouse, with offerings of steak, chicken, veal and seafood. We got a few dishes from that menu. Next came the **Bocconcini Della Non al Vin Santo** which is a chicken breast stuffed with fresh mozzarella cheese, imported baby porchetta and fresh sage sautéed in a Vin Santo and sherry wine demi-glaze with button mushrooms served over parmesan risotto and finished with Parmigiano-Reggiano. Oh my. You will never look at chicken breast the same way again.

From the Carne section came the **Vitello Saltimbocca** is veal medallions topped with imported Prosciutto di parma, mozzarella cheese and fresh sage pan-seared in a marsala wine sauce and served over pappardelle pasta finished with Parmigiano-Reggiano and the **Controfiletto Di Manzo Alla Romana** : Sirloin steak topped with white button mushrooms sautéed with extra virgin olive oil, fresh lemon juice, garlic & oregano served with mashed potatoes & vegetable.



Now Mike, Josh and Leo will lie here if you ask them. They will deny that there were tears in their eyes while ravishing the veal and sirloin and blame it on the kitchen chopping onions in the back. The dead giveaway will be their eyes welling up again as they relive the memory, so put them on the spot.

From the Chicken section came a all-time favorite of all Italian foodies, the Pollo Marsala -chicken breast sautéed with button mushrooms and a Marsala wine demiglaze for a sweet flavor and caramel color, served over capellini pasta. This was without a doubt the best, robust, savory Marsala sauce I have ever had. It was art on a plate.

The seafood selections started with a classic, the **Spaghetti alla Vongole Veraci** pasta sautéed with fresh littleneck clams (available in either a light marinara sauce or a garlic & white wine sauce) with Italian parsley & red pepper flakes. A generous amount of sweet, tasting of the sea, littlenecks and accompanied with a balanced garlic and white wine sauce that got me wondering what else I could put the sauce on. Pretty

much anything and everything.

The *coup de gras* was a world-class **Frutti di Mare Posilipo** of Cappellini pasta in garlic & olive oil San Marzano marinara sauce sautéed with tender calamari rings, jumbo shrimp, sea scallops, littleneck clams & PEI mussels finished with Parmigiano-Reggiano cheese. Eat at any Italian or Sicilian house and you will find out quickly the meaning of *abbundanza* or abundance. Ask for a snack, get a feast. Tell mom you are just going to the beach with two of your pals on a lazy Wednesday during summer school vacation and she will spend 4 hours in the kitchen making salad, soup, sandwiches, pasta, and dessert. True story.

Well, this **Frutti di Mare Posilipo** was a large plate of pasta and heapings of fresh seafood, and lots of love and *abbundanza*!

For dessert we ordered the Chocolate Mocha Truffle Cake (\$6.95): Chocolate cake layered with a mocha truffle butter cream icing, drizzled with rich chocolate ganache. So delicious that we felt guilty for no reason. "I didn't do anything to deserve this."



If you are less trusting than we are. you have a full menu at your disposal. The menu at Trattoria Romana depends on whether you are there for lunch or dinner and, each season comes with special offerings. Because of this, I will just give you an idea of the regular lunch menu, but you can click on all the links provided to see the dinner menu, dessert menu, and seasonal menus.

The lunch menu offers traditional antipasti, soups and salads like Calamari Fritti, Mozzarella Caprese, Pasta E Fagioli Soup, and Pollo Caesar Salad but had some original dishes like the **Sicilian Chicken Wings** (Caramelized onions, rosemary and balsamic).

For the “main” you can choose between 9 Types of Panini or sandwiches from Chicken/Veal Parmesan, Meatball Alla Corinna, Tuscan, to Rabe & Sausage or a half dozen Pasta dishes (Pasta is made fresh **daily**) like Fettucine Alfredo, Spaghetti e Pollo Genovese, and Pappardelle alla Bolognese. Want fewer carbs or just a meat lover? There are three types of Black Angus burgers, five chicken dishes, and five types of veal dishes.

If you are in the mood for a “power” lunch you can complement the meal with either traditional cocktails like Amaretto Sour, Negroni, Bellini and Aperol Spritz or one of their dozen Signature Cocktails like **Blueberry Bourbon Buzz** (Bulleit Rye Bourbon, Luxardo Amaretto, Blueberry Puree, Fresh Lemon Juice, Simple Syrup, Fresh Blueberries), **Watermelon Cucumber Punch**, **Trattoria Romana Bloody Mary**, or **Trattoria Housemade Sangria** (Italian Wine, DeKuyper Triple Sec, fresh fruits, our own special ingredient. Love.) Non-Alcoholic sodas are offered – give the **Black Cherry Soda** (Black Cherry, Fresh Lime, San Pellegrino Sparkling Water.) a try!



The Dinner Menu is in essence larger portions of the lunch menu with a few extra dishes plus a Seafood Section and for Carne section for you steak lovers.

The Drink and Dessert Menu offers a head-spinning variety of wine, cocktails, beers, whiskey, Scotches, Rums, Liquors, and more.

Desserts? Oh, yes. Chocolate Mocha Truffle Cake, Homemade Biscotti, Tiramisu, Coppa Raspberries & Cream, Cannoli Duo (for two, but who are they kidding? Two cannolis are a serving of one for me!), Triple Layer Spumoni Cheesecake, and of course, Italian Gelato.

You can finish the meal off with something from the Espresso Bar: Espressos, Cafe Americano, Cappuccino, Caramel Macchiato, Chocolate Macchiato, Coffee or assorted Teas.

What is most mind-boggling of all? Not the superb dishes offered, the capable, attentive service, “wall of wine,” and attention to detail...it’s how affordable the whole experience is. You get a Michelin star experience without the Michelin star price. There are 20 dishes on the menu that are under \$20, many *entrees* in the \$10-\$14 range, drinks starting at \$5.75 and **all** desserts under \$7.

It’s not easy to improve upon tradition and would typically be arrogant to make such a claim. However, there is a tiny part of the population that has the ability and confidence to actually be able to do that. You don’t do that by tossing lobster into your Bolognese sauce, adding prosciutto and truffles to a pizza, or making Alfredo Mac & Cheese, you do that by doing what Trattoria Romana is doing.



Trattoria Romana at Tiverton Casino Hotel

777 Tiverton Casino Blvd
Tiverton, Rhode Island
Phone: (401) 816-6165

Lunch Daily: 12:00 Noon–4:00pm

Dinner: Monday–Thursday & Sunday 4:30pm – 9:00pm

Friday & Saturday: 4:30pm – 10:00pm

Facebook: [facebook.com/TrattoriaRomanaTiverton/](https://www.facebook.com/TrattoriaRomanaTiverton/)

Website: <https://www.twinrivertiverton.com/trattoria-romana/>



**Cold fruit and coffee drinks
at The Dount Factory in New**

Bedford

Want an amazing coffee or fresh fruit based cold drink? Here's a look at some of the offerings at The Donut Factory at 102 Rockdale Ave. in New Bedford.

Portuguese steak, prime rib and pork sandwiches at Pub 6T5 in New Bedford

Here's a look at the Portuguese steak, prime rib sandwich and pulled pork sandwich at Pub 6T5 at 736 Ashley Blvd in New Bedford.

LifeStream – a career as a licensed practical nurse

A career as a Licensed Practical Nurse (LPN) is rewarding. Allie shares her experience.

LifeStream, Inc. is hiring for Personal Advocates to assist adults with developmental disabilities, Certified Nursing Assistant, LPN, Registered Nurse, and House Managers.

Apply at: <http://www.lifestreaminc.com/careers/>

Start a new career path today with Coastal Career Academy's Nurse Assistant Training Program

Are you at a crossroads in choosing a career path? Not sure if you want to take up a trade, attend a technical school, or university? Not necessarily keen on commuting or relocating to somewhere in central or western Massachusetts? Can't find something that interests you at local universities?

Consider a career in a perpetually growing field: healthcare. Perhaps you've already considered that but unsure where to start. Are there professional facilities close by that offer study in healthcare and in a number of fields?

Coastal Career Academy is now accepting applications for their Nurse Assistant Training Program.

This program is state-certified and provides students with the skills needed to work in a variety of medical settings. Topics include physical and emotional care of patients, vital signs, communication skills, handling of stress, safety issues, and the aging process. The course consists of classroom instruction, followed by practice in a nursing lab.

In order to apply these skills in a clinical setting, approximately 24 hours will be spent in a nursing home under the supervision of the instructor.

Upon completion of this program, participants will be able to:

- Communication Skills

- Vital Signs
- Ambulation with a gait belt
- Transferring to a wheelchair
- Body positions: supine, prone, lateral, Sim's, and Fowler's
- Range of motion exercises

* The course also includes Alzheimer's Certification.

Day Classes are taking place April 29th, June 3rd, and July 22nd, Monday through Thursday from 9:00am-2:30am. **Evening Classes** are June 3rd-June 28th and July 8th-26th, Monday, Tuesday, Thursday from 6:00pm-9:30pm with four clinicals required from 4:00pm-10:00pm.

Coastal Career Academy is licensed by the Division of Professional Licensure since 1999 as a private occupational school in accordance with the provisions of Massachusetts' general laws. The nurse aide program is approved by the State Department of Public Health.

Payment plans are also available.

Interested in registering? Visit coastalcareeracademy.com/product/nurse-assistant-training/



Nurse Assistant Training
Day and Evening classes...Register Today...

508-536-5366

COASTAL
CAREER ACADEMY

Cost: \$800 + (Books and Test Fee)

Coastal Career Academy

26 South Water Street

New Bedford, MA

288 Plymouth Ave., Suite 2

Fall River, MA 02721

Phone: (508) 536-5366

Fax: 508-762-1470

Email: coastalcareer@comcast.net

Website: coastalcareeracademy.com/

Facebook: facebook.com/coastalcareer/
