

Chronic Disease Self-Management Leader Training



Call 508-957-7620 /email: healthylivingcapecod@gmail.com or visit our website at www.healthylivingcapecod.org

Where: Elder Services of Cape Cod and the Islands
68 Route 134 S Dennis, MA

When: 5/16-17, 5/23-24
8:30am – 4:30pm (lunch is provided)

Applications now being accepted. No charge if you will be leading workshops in Barnstable County.
\$150 registration fee for all others.

Contact us to register and learn how to help others be active self-managers!

Being a My Life, My Health Leader

- We are looking for adults who are motivated to join our team of leaders to facilitate Stanford University's, Chronic Disease Self-Management program known as "My Life, My Health".
- No prior teaching experience necessary, but must be comfortable speaking in front of a group and either live with a chronic health condition and/or care for someone living with a chronic condition and maintain the fidelity of the workshops
- After completion of the four day training you will be qualified to co-facilitate a six week My Life, My Health workshop and receive a stipend
- Leaders are expected to co-lead at least two-, six week workshops per year. The most successful leaders already have a workshop location in mind and will lead their first workshop within 3 months of training.

