



### Stanford Evidence-Based Self-Management Programs

#### Leader Trainings

##### **Diabetes Self-Management Program**

2-day Cross Training (English)

No trainings are scheduled at this time.

Please contact Katrina Seipp at [kseipp@healthinsight.org](mailto:kseipp@healthinsight.org) or 503-382-3923 for information on future trainings.

##### **Programa de Manejo Personal de la Diabetes**

2-day Cross Training (Spanish)

No trainings are scheduled at this time.

Please contact Katrina Seipp at [kseipp@healthinsight.org](mailto:kseipp@healthinsight.org) or 503-382-3923 for information on future trainings.

##### **Chronic Disease Self-management Program (Living Well)**

4-day Training (English)

No trainings are scheduled at this time.

Please contact Katrina Seipp at [kseipp@healthinsight.org](mailto:kseipp@healthinsight.org) or 503-382-3923 for information on future trainings.

##### **Tomando Control**

4-day Training (Spanish)

No trainings are scheduled at this time.

Please contact Katrina Seipp at [kseipp@healthinsight.org](mailto:kseipp@healthinsight.org) or 503-382-3923 for information on future trainings.

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