

# Chronic Disease Self-Management Training

**Help others learn how to live with a chronic condition.**

The Chronic Disease Self-Management Program is an evidenced-based workshop for six weeks for 2.5 hours per week. This program improves energy and mental health, increases involvement in everyday activities, and improves communication skills with family, friends, and health professionals.

The 13 virtual leader training sessions will enable you to facilitate the Chronic Disease Self-Management Program and work with a diverse group of participants.

## **Leader Requirements:**

- Be able to follow a scripted Leader Manual
- Be nonjudgmental
- Be comfortable speaking in front of others
- Commit to facilitating at least one workshop per year

## **Mondays and Fridays**

May 3, 7, 14, 17, 21, 28, 31 • June 4, 11, 14, 18, 15, 28, 2021  
10:00 a.m. to 12:30 p.m.

Attendance is required at all sessions Via Zoom. **Registration is required.**

To register, please email Patty Herrera at [patty.herrera@dignityhealth.org](mailto:patty.herrera@dignityhealth.org) or call **805.739.3593**.

