

Train the Trainer Workshop Chronic Disease Self Management Program

November 7, 8, and 14, 15, 2019

Eastern Carolina Council

233 Middle Street, New Bern, NC

Cost: \$150 (covers all materials, lunches and snacks)



Participants who successfully complete all four days of this training become certified as “lay-leaders” to facilitate this life-changing workshop designed to help adults with chronic conditions learn tools to help them live healthier and better lives, including:

- How to deal with frustration, fatigue, pain and isolation
- Appropriate exercise for strength, flexibility, and endurance
- Appropriate use of medications
- Effective communication with family, friends, and professionals
- Nutrition
- Decision making
- How to evaluate new treatments

CDSMP is a Highest-Tier Evidence-Based program for which Title III-D (Older Americans Act) funds may be utilized to pay training costs.

Please contact Andi Reese at (252) 638-3185 ext. 3015 or areese@eccog.org for more info.

Registration Deadline: October, 19, 2019

