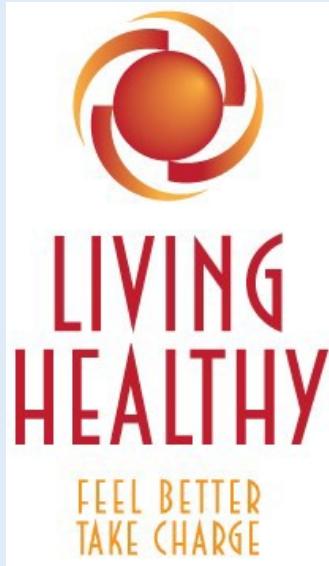


Train the Trainer Workshop
Chronic Disease Self Management Program
August 8, 9, 15, and 16, 2019
Eastern Carolina Council
233 Middle Street, New Bern, NC
Cost: \$150 (covers all materials, lunches, and snacks)



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: July 19, 2019

Save The Dates!

Upcoming Highest Tier Evidence-Based trainings at ECC:

2-Day Cross-Training in Diabetes Self Management Program*
September 19 & 20, 2019 - \$75

2-Day Cross-Training in Chronic Pain Self Management Program*
September 26 & 27, 2019 - \$75

***Participants must be certified in CDSMP to attend DSMP and/or CPSMP**

A Matter of Balance Coach Training
October 24 & 25, 2019 - \$75