



Ready to empower others? Become a Healthy Living Workshop Leader!

“HEALTHY LIVING” WORKSHOP LEADER TRAINING

Help people manage chronic conditions and improve their quality of life!

You'll be trained to lead:

- Chronic Disease Self-Management Program: teaches strategies to manage physical and emotional symptoms.
- Diabetes Self-Management Program: focuses on techniques for managing diabetes.

What do you need to be a leader?

- Comfortable speaking in front of a group
- Willing to follow a scripted curriculum
- Committed to leading at least one workshop series within a year of completing the training



**REGISTER BY
APRIL 16, 2025!**

 **April 21 - June 11, 2025***
Mondays & Wednesdays

*Must attend all 16 classes

 **2 PM - 5 PM**

 **Online via Zoom***

*Please allow 15 minutes to login

 **More Information:**
bit.ly/HealthyLivingTraining

Register/Questions:
(714) 480-6451 or
Frank.Hernandez@occr.ocgov.com

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