



**For Immediate Release**

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**Contact: Ken Wong**

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### **4 Day Training to Become Healthier Living Leaders/Facilitators**

The San Francisco Healthier Living Coalition is offering a 4 day training to become a co-leader/facilitator for Healthier Living workshops (six week, 2.5 hrs. per week), developed by Stanford School of Medicine, which show adults with chronic conditions, e.g., diabetes, arthritis, heart problems, how to self manage their health.

After training, leaders will facilitate Healthier Living workshops in an interactive, participatory small group to show participants how to: manage their pain and fatigue; be more fit and eat healthier; communicate more effectively with their doctors; set goals and problem solve to make positive change; recognize the importance of preventing falls.... No specific experience is required, except for an enthusiastic desire to help others improve their health. Space is limited. Volunteer leaders will later receive a small stipend of \$210 for facilitating the 6 week workshop.

*When:* Aug, 2,4,9,11, 2017-Wed, Fri, Wed, Fri. 9-5pm. Must attend 4 full days. Continental breakfast provided. Lunch on your own. Free but administrative fee of \$40 for leader manual and Healthier Living book.

*Where:* San Francisco-

Richmond District Police Station-Community Room (behind station)  
461 6<sup>th</sup> Ave. @ Geary, San Francisco  
Street Parking or Muni 38,44

For pre registration and application, contact: Ken Wong, Healthier Living Program Coordinator, 550-6002 [kwong@onlok.org](mailto:kwong@onlok.org) or Anisia Corona, Health Promotion Manager, 550-6003

Stanford web site on Healthier Living-CDSMP <http://patienteducation.stanford.edu/programs/cdsmp.html>

WSJ article on Healthier Living <http://online.wsj.com/article/SB10001424052970204571404577255843724813640.html>

Cartoon- Canada cartoon on self management principles <https://www.youtube.com/watch?v=uRQ853sRt0o>

YouTube NCOA video about workshop <http://www.youtube.com/watch?v=MaXX5BtmFMk&list=PL6BD94E3B0699CC2F&index=2#>