

FREE Leader Training - Live Well With Chronic Conditions

A Chronic Disease Self-Management Program



The Central Missouri Area Agency on Aging and the Central Missouri Regional Arthritis Center are looking for volunteers to lead **Live Well with Chronic Conditions**, which is a 6 week workshop for adults living with a chronic condition such as arthritis, diabetes, heart disease, lung disease & more; and adults who live with or care for someone with a chronic condition. The program was developed by researchers at Stanford University to help people with chronic conditions gain self-confidence in their ability to manage their own health. Topics include pain and fatigue management, exercise, healthy eating, medication management, communication, making informed treatment decisions, depression, planning, problem solving & more.

The Leader Training is a four day training designed to equip you with the skills & information necessary to successfully lead the workshop. The workshop requires two leaders with at least one having a chronic condition. You do not need any healthcare experience to be a leader, just a little time & willingness to improve your community.

WHEN:

Fri, Feb 10, 2012

Sat, Feb 11, 2012

Fri, Feb 17, 2012

Sat, Feb 18, 2012

9:00 am—4:00 pm

WHERE:

University Place Apts.

1205 University Ave

Columbia, MO 65211

COST:

FREE to leaders who
commit to leading 2
classes within 12
months of the training*

REGISTRATION

REQUIRED:

Application deadline

02/03/12

CONTACT:

Kate King

800-369-5211 or

573-443-5823 or

kateking@cmaaa.net



*1st class within 3 months of the training and a 2nd class within 12 months of the training. Leader must submit class paperwork.