



Upcoming Evidence-Based Program Leader Training Dates 2019

CMCOA partners with the Minnesota Board on Aging and Juniper Network to provide evidence-based programs for older adults in our 14 county service area. These programs are available statewide through our Area Agency on Aging colleagues (mn4a.org).

TRAINING DATES	PROGRAM	LOCATION	REGISTRATION LINK
March 2 nd	S.A.I.L. Stay Active & Independent for Life	St. Cloud	https://www.jotform.com/pwoischke/2019SAIL
April 9,10,11	Stepping On	St. Cloud	https://form.jotform.com/pwoischke/2019SteppingOn
April 16 & 17	Diabetes Prevention Program/ ICAN	Sartell- CMCOA	https://www.jotform.com/pwoischke/2019DPPLLeader
October 15 & 16	Diabetes Prevention Program/ ICAN	Sartell- CMCOA	https://www.jotform.com/pwoischke/2019DPPLLeader
April 30 th	S.A.I.L.	Baxter	https://www.jotform.com/pwoischke/2019SAIL
May 21 st	S.A.I.L	Sartell	https://www.jotform.com/pwoischke/2019SAIL
August 13 & 14	Matter of Balance	Brainerd	https://form.jotform.com/pwoischke/2019MOBLeader
October 12 th	S.A.I.L.	St. Cloud	https://www.jotform.com/pwoischke/2019SAIL
Sept 17, 18, 24, 25 (must attend 4 days)	CDSMP Living Well with Chronic Conditions	Sartell – CMCOA	https://www.jotform.com/pwoischke/2019-CDSMPLeaderTraining
November 5th	DSMP 1-Day Cross Train	Sartell - CMCOA	https://www.jotform.com/pwoischke/2019DSMPLeader
October 29 & 30	CPSMP – Chronic Pain 2-Day Cross Training	Sartell - CMCOA	https://www.jotform.com/pwoischke/2019chronicpain

Through a network of local leaders, community organizations and health systems, Juniper delivers programs to help adults manage chronic health conditions, prevent falls, and foster well-being.

[LEARN MORE](http://www.yourjuniper.org) at (www.yourjuniper.org)

Juniper’s programs are evidence-based and proven to make a positive difference in quality of life measures such as feeling more in control, less stressed, and able to do more of what makes you feel well. Classes include strategies and exercises to take an active role in managing your health and well-being, and are offered in three program categories: Falls Prevention, Diabetes Prevention & Self-Management, and Chronic Pain & Disease Management. To learn more about becoming a leader and offering in your community, please reach out to Paula Woischke – Healthy Aging Coordinator at the Central MN Council on Aging.

See registration link for Training Fees as they vary by program and by sponsorship.

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Click on Calendar for upcoming Evidence-based Workshops

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