



Central MN Council on Aging Evidence-Based Leader Trainings

Are you interested in empowering others — and yourself — to improve health and confidence, while having fun leading a class right in your own community? CMCOA is looking for people like you to become class leaders who will educate, motivate, and inspire people to become their best selves. No experience? No worries! We will provide thorough class leader training in the program area you're most interested in.

If you are interested in learning more about being a leader, please see list of upcoming trainings. Contact Paula Woischke, CMCOA Healthy Aging Coordinator at paula.woischke@cmcoa.org or 320.253.9349 with questions or just follow the link to register.



TRAINING DATES	PROGRAM	LOCATION	REGISTRATION LINK
May 29 th & 30 th	Diabetes Prevention Program/ ICAN	Sartell - CMCOA	https://form.jotform.com/pwoischke/2018ICANDPPLLeaderTraining
July 31 st	S.A.I.L. Stay Active & Independent for Life	Sartell - CMCOA	https://form.jotform.com/pwoischke/2018CMCOASAIL
May 15 th	S.A.I.L. Stay Active & Independent for Life	Pine River- Location to be determined	https://form.jotform.com/pwoischke/2018CMCOASAIL
May 1,2, & 8 & 9 (rescheduled)	CDSMP Living Well with Chronic Conditions	Sartell - CMCOA	https://form.jotform.com/pwoischke/2018CDSMP
Tuesday, June 26 th (rescheduled)	DSMP 1-Day Cross Train	Sartell - CMCOA	https://form.jotform.com/pwoischke/2018CMCOADSMPT
May 21 & 22 nd (rescheduled)	CPSMP - Chronic Pain 2-Day Cross Training	Sartell - CMCOA	https://form.jotform.com/pwoischke/2018ChronicPAINCrossTrain
August 8 & 9	Matter of Balance Training	Essentia - Brainerd	https://form.jotform.com/pwoischke/2018MOBLeaderTraining
<i>June 19th</i>	<i>Leader Renew & Refresh</i>	Sartell - CMCOA	<i>SAVE THE DATE - Details to come and registration link!</i>

To learn more about upcoming leader training opportunities offered throughout the state visit : www.yourjuniper.org

