

# **SAVE THE DATE!!**

## **CMCOA is pleased to offer an opportunity for Leader training in the: Stanford Chronic Disease Self Management Program (CDSMP) Or “Living Well With Chronic Conditions Workshop”**

This is an opportunity for your organization to be trained as a Leader in CDSMP and be able to offer this workshop in your community. CDSMP provides information and offers practical skills on managing chronic health issues. The interactive curriculum includes topics such as: fatigue and pain, Exercise /physical activity, medication usage, effective communication and nutrition.

Workshops are facilitated by **2 trained leaders**, it is important that at least 1 leader have a chronic condition. Potential leaders **must attend** all 4 days of training to be certified.

This training will be offered at no cost; *in addition*, new trained organization/leaders will be offered materials for their 1<sup>st</sup> community class.

Organizations are encouraged to train at least 2 leaders or more as this allows for flexibility in scheduling community workshops.

**Leader Training is scheduled for:  
February 27, 28, 29 and March 1, 2012  
9:00am to 4:30pm  
St Cloud MN**

Training and materials provided at no cost, lunch is included.

Trainers will be CMCOA staff members:

Mary Hertel and Lynn Rohman

**If you need further information or would like to register please contact:**

**Mary Hertel at 320-253-9349 or [mary.hertel@cmcoa.org](mailto:mary.hertel@cmcoa.org)**

Register soon, class fills quickly

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**Put Life back in your Life!**