

Leaders needed to lead Chronic Disease Self-Management Programs (CDSMP) and Chronic Pain Self-Management Programs (CPSMP) Workshops

Help people with chronic disease live healthier lives

Learn and teach:

- ❖ Weekly goal setting
- ❖ Adding exercise to your life
- ❖ Pacing and planning your day
- ❖ Appropriate medication use
- ❖ Communication Skills

Lead: 6-week workshop series for your community

Join: Network of New Hampshire and Vermont Living a Healthy Life/Better Choices Better Health Leaders

This is an evidence-based program developed at Self-Management Resource Center (formerly known as Stanford University Patient Education Center) and offered world-wide.

Free training

When:

August 15, 16, 22, 23 and optional CPSMP cross training on August 29th

Time:

8:30—4:30pm

Lunch Included

Bring your own snacks

Where:

Dartmouth
Hitchcock Medical
Center, Value
Conference Room,
Colburn Hill
444 Mount Support Road
Lebanon, NH 03756

**Call 800-730-7577
To register today**