

Put Life Back in Your Life!

Who should attend the Leader Training?

- Are you interested in providing the **Chronic Disease Self Management Program (CDSMP)** for members of your community with chronic diseases to help them increase their ability to manage their illnesses on their own? **This training will prepare you to hold a 6-week workshop series to provide the Chronic Disease Self-Management program, known as Better Choices, Better Health.** It is a great opportunity to join a supported network of other NH leaders offering this program throughout NH.
- Do you have a chronic disease or are you a caregiver of someone with a chronic disease? **The program is lay-led and, thus, you do not need to be a health professional to lead the workshops.** In fact, it is recommended that leaders be individuals living with a chronic condition or a caregiver for someone with a chronic condition.
- Do you have a co-leader? “Better Choices, Better Health” **workshops are held in the community and are led by two trained leaders.** Thus, it is important to partner with an already trained leader or to attend the leader training with a partner, if possible. If you need a co-leader, let us know and we will try to help!
- **Can you commit to offering at least one 6-week program within one year**, preferably within three months of being trained? It is really helpful to lead a training soon after to solidify your learning. Many communities find that offering 2 or 3 trainings per year is a great way to keep the program sustainable through word-of-mouth.

For more information on the Chronic Disease Self-Management Program (CDSMP), please refer to <https://www.selfmanagementresource.com/programs/small-group/chronic-disease-self-management/>



**Better
Choices,
Better
Health**

Chronic Disease Self-Management



LEADER TRAINING



April 17th, 20th, 24th, and 27th (8:30-4:30pm each day, must attend all 4 days)

NO COST TO ATTEND TRAINING FOR NH RESIDENTS

Whole Village Family Resource Center 258, Highland Street, Plymouth, NH

Contact Gina at gsavinelli@snhahec.org or call 603-895-1514 x 2 for application & details



In collaboration with the NH CDSMP Network,
a Stanford University Chronic Disease Self-Management Program