

Chronic Disease Self-Management New Leader Training



March 26 & 27 and April 2 & 3, 2020 – 9:00-4:30pm

Conference Room 2

Foundations for Healthy Communities

125 Airport Road

Concord, NH 03301

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.

Who should attend the Leader Training?

- **Do you have a chronic disease or are you a caregiver of someone with a chronic disease?** You do not need to be a health professional to lead the workshops-in fact, Stanford recommends 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. It is beneficial to partner with an already trained leader or to attend with 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/>

This leader training is grant funded and, therefore, there is **no cost to attend the training** itself for NH residents (usually \$450-\$500). You will also receive a Leader manual, a participant book, and a participant CD at no charge. Snacks will be provided. There will be a lunch break for lunch on your own- there are food options nearby or bring a bag lunch!

How do I apply? Please [click here](#) to register online. Contact Nitanga at 603-244-7360 or nitanga@snhahec.org with questions.

