



Taking Control of YOUR Health Evidenced-Based Workshops

Become a Volunteer Leader and CHANGE People's Lives!



If you're motivated to become healthier and assist others to do so too, become a certified leader for the Chronic Disease Self-Management and Diabetes Self-Management Programs. Developed by Stanford University, these workshops have been taught successfully around the world. Leaders empower people by providing information and tools to live healthier lives with chronic conditions.



- *Training is free.*
- *No prior teaching or medical experience required.*
- *Volunteers must attend the first four days of training to become certified as a Chronic Disease Self-Management Leader and all five days to become certified as a Diabetes Self-Management Leader.*
- *After completing training, leaders must annually co-facilitate at least one community workshop for each program to maintain certification.*
- *Volunteers can request an honorarium for teaching each workshop series.*

When and Where?

Chronic Disease Self-Management Training:

October 22, 23, 29 and 30, 2018

Diabetes Self-Management Training: October 31, 2018

Time Each Day: 9:00 am - 4:30 pm

Location: Texas A&M AgriLife Extension



**2217 Washington Street
Greenville, Texas 75401**

**Want More
Information?**

(817) 704-2541

OR

volunteers@nctcog.org



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