



BECOME A MASTER TRAINER

Stanford's Chronic Disease Self-Management Program (Living Healthy)

We are offering a

CHRONIC DISEASE SELF-MANAGEMENT PROGRAM (LIVING HEALTHY) MASTER TRAINING

with a goal of increasing the number of Master Trainers and Lay Leaders in the community to reach underserved older adults and adults with disabilities who participate in evidence-based programs through a grant supported by the **Administration for Community Living**.

The **Living Healthy Program (CDSMP)** was developed by Stanford University and offers:

- ◊ Six-week workshops meeting once-per-week
- ◊ Techniques to manage chronic health problems
- ◊ Classes held in community settings



COMMITMENT AS A MASTER TRAINER

- ◊ Successfully complete 5-day Master Training
- ◊ Facilitate two 6-week workshops within 12 months of completion of training
- ◊ Conduct the first 4-day Lay Leader Training within 18 months of original training



MASTER TRAINING DETAILS

LOCATION: East Carolina Heart Institute
at East Carolina University
115 Heart Drive Greenville, NC 27834

DATE: May 8 through May 12, 2017

TIME: 9:00am to 5:00pm

COST: \$250* per participant

**scholarships available; cost of \$250 are for North Carolina residents only.*

North Carolina participants have priority; call for out-of-state registration and cost

REGISTER: [CDSMP Master Training](#)

DISCOUNT CODE: CDSMP NC

Sponsored by:

