

Scheduled 2018 Coach and Lay Leader Training

Centralina Health Solutions

9815 David Taylor Drive, Suite 100, Charlotte, NC 28262

Contact Annette Demeny at 704-348-2736 or ademeny@centralina.org

to register

March 2018 Trainings

**Chronic Pain Self-Management
(CPSMP) Lay Leader Training**

March 8, 9, 15, and 16, 2018

9 am—4 pm daily

April 2018 Trainings

**Building Better Caregivers (BBC)
Lay Leader Training**

April 9, 10, 16, and 17, 2018

9 am—4 pm

May 2018 Trainings

**A Matter of Balance (MOB)
Coach Training**

May 10 and 11, 2018

9am—4pm daily

**Chronic Disease Self-
Management (CDSMP)
Lay Leader Training**

May 17, 18, 24, and 25, 2018

9am—4pm daily



Fee ~ There is no charge to attendees teaching in Centralina's region (*Anson, Cabarrus, Gaston, Iredell, Lincoln, Mecklenburg, Rowan, Stanly, and Union counties*).

There is a \$300 charge for 4-day trainings and a \$150 charge for 2-day trainings for those attendees outside Centralina's nine county region.

All training events include: manuals, snacks, supplies and training by two Master Trainers