Lay Leader Training - Spanish

Join the team by becoming a Lay Leader for Tomando Control de su Salud!

All training is done in Spanish without interpreters. It is required that leaders speak, read and write Spanish fluently.

Become a certified leader in this self-management program developed by Stanford University. Based on the English version of the Chronic Disease Self-Management Program (Living Healthy), the workshop is held once a week for 6 weeks, 2 ½ hour sessions. Participants learn problem-solving, decision making and other techniques for managing problems common to people with chronic disease (diabetes, COPD, arthritis, depression, chronic pain). Workshops are facilitated by two trained leaders who are fluent in Spanish and familiar with the needs of Spanish-speaking communities.

YOU MUST COMPLETE ALL 4 DAYS OF TRAINING TO RECEIVE CERTIFICATION

May 21, 22, 28 and 29, 2018

Centralina AAA

9815 David Taylor Drive, Suite 100

Charlotte, NC

CENTRALINA
Area Agency on Aging

TOMANDO CONTROL de su SALUD
Siéntase Mejor
Tome Control

For additional information about the Tomando Control de su Salud program or to register for this training, please contact or Myra Green at 704-531-9101.

There's no charge for training if in Centralina AAA region