

Spring 2024 Evidence-Based Health Program Leader Trainings

Centralina Area Agency on Aging (AAA), in partnership with Healthy Aging NC, invite you to register for our evidence-based health promotion and disease prevention training sessions for lay leaders across North Carolina. Please note that some trainings have a prerequisite. Classes will be held at Centralina AAA, located at 10735 David Taylor Dr., Suite 250, Charlotte, NC 28262. Additional details will be sent via email after registration. For any additional questions, contact Kristen Scarano at kscarano@centralina.org.

Sign-up today by clicking on the class below and you will be redirected to our online registration page. One and two-day trainings cost \$25 to attend. Four-day trainings cost \$50 to attend.

DATE	TRAINING SESSION
January 16–19, 9 a.m. - 4 p.m.	Living Healthy with Chronic Disease
February 1, 9 a.m. - 4 p.m. February 2, 9 a.m. - 1 p.m.	Living Healthy with Chronic Pain Cross Training**
February 22 - 23, 9 a.m. - 4 p.m. February 29 - March 1, 9 a.m. - 4 p.m.	Building Better Caregivers*
March 15, 9 a.m. - 5 p.m.	Living Healthy with Diabetes Cross Training**
April 4 - 5, 9 a.m. - 3 p.m.	A Matter of Balance

*Must attend all four days for certification

**Must be certified in Living Healthy with Chronic Disease

